

Tis' the Season to Reconnect



HOLIDAY NEWSLETTER



CHRISTMAS OPEN HOUSE

Friday December 2nd 6 - 8pm
20 Valley Road, Hershey

Join us for a community gathering with Music, Food, and Holiday games!



FRIENDS & FAMILY COMMUNITY MEALS

Thanksgiving: November 15th 6-8pm
Christmas: December 6th 6-8pm

Please bring a dish to share and join us in celebrating the gift of community.

LivingWell Farm, 345 Witmer Road, Hershey



HOLIDAY WELLNESS SERVICES

We are excited to host workshops and services this holiday season that will keep your energy feeling positive and your body feeling rejuvenated as you prepare for the Holiday season.

- Nourish With Kristie offers Holistic Nutrition and Muscle Testing Services in 20 Valley Thursday evenings. Call 717.585.9606 for more info and to schedule an appointment.
- 3D Balance Class 6:30-7:30pm Mindful Movement and Breathing class @ 20 Vally Rd. Hershey PA
- Therapeutic Simmer Pot Workshop 11/20 4pm @ 150 Calvary Church Rd. Wrightsville PA. More info check out LivingWell Institute on Instagram!
- We are continuing to offer services by Orazio Chiodo, Manual soft tissue work, myo-fascial release and much more! Schedule by call 717.533.0881