

# LIVINGWELL INSTITUTE

Monthly Newsletter

October 2021



## Live & Learn Wellness Program

Welcoming and nonjudgemental group program with dialogue & discussion. Learn to manage stress, receive encouragement, support, and build connections in the community.

Tuesday's 12-1pm  
20 Valley Rd, Hershey 17033



## Fall Farm Festival & Pumpkin Patch

Join us for a family friendly celebration at the LivingWell Farm! Enjoy a pancake breakfast, craft activities for kids and adults, feed the farm animals, hayride, and trip to a local pumpkin patch.

Saturday October 23rd 9-11:30am  
345 Witmer Road, Hershey 17033



## Friends & Family Meal

Monthly potluck at LivingWell Farm. Together we build community, create new relationships, and share in the joys and burdens of life. All ages welcome. *Meet the farm animals too!*

Thursday October 14th 6-8pm  
345 Witmer Road, Hershey 17033

## UNLEASH GENEROSITY!

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good.

Over the past nine years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

LivingWell Institute is participating in this social impact movement and fundraising campaign for "Rebuilding Hope, Family, & Community Together".

To learn more about how you can support the care for those in need through LWI visit [www.livingwellinstitute.net](http://www.livingwellinstitute.net).

Together  
we give.

Nov 30, 2021

GIVING  
TUESDAY