

LIVINGWELL INSTITUTE

Monthly Newsletter



August 2021



Addiction Recovery Support

River Adventures

Friends & Family Meals

August is Overdose Awareness Month and addiction impacts many in our community. LivingWell has a welcoming and compassionate approach with an effective program to support individuals and families on the path to recovery.

Join us on the Susquehanna River and a time of inner reflection and renewal. Kayaks provided. Suggested donation \$50. Call to register (717) 533-0881:

Monthly potluck meals 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!*

- Meetings Tuesdays 6pm and individual & family support available.

- Sunday August 22 (beginner level, age 10 and up with adult) 8-11am
- Individual and group river adventures available by reservation

- Tuesday August 17th from 6-8pm
345 Witmer Road, Hershey 17033

NATIONAL WELLNESS MONTH

How do you care for yourself? Are you looking for new ways to Live Well, find balance, and reach your full potential?

Dig deep and explore new ways to manage stress and care for your body, mind and spirit! Join Kylee Koval and discover iFit: "in fitness I transform" through this amazing program.

Workshops includes breakfast and are held at the RiverExchange (150 Calvary Church Rd, Wrightsville PA 17368). Suggested donation \$25. Call to register (717) 533-0881.

- August 13th and 27th from 9-11am
- Individual and group sessions also available.

