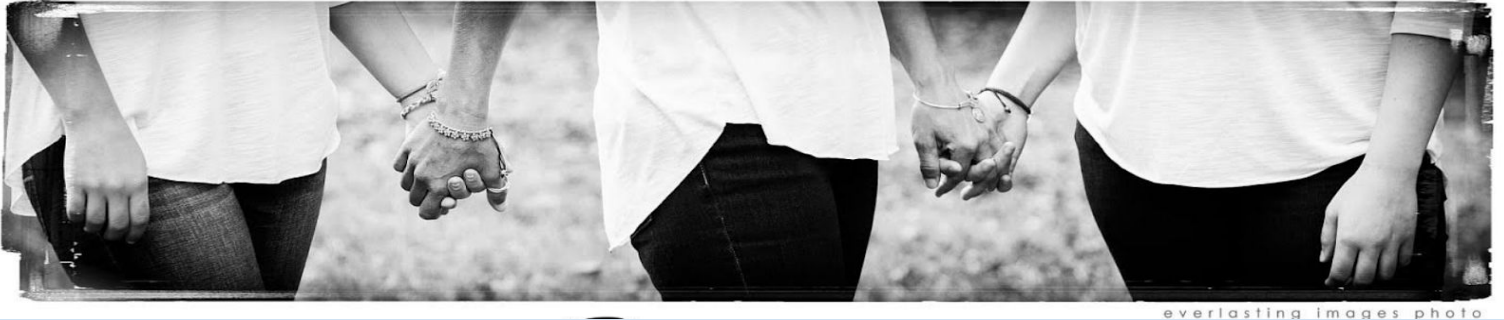




Discover a new path to health and wholeness. Find creative solutions to life challenges!



Empowering people to learn to *LiveWell*.

Families 4 Families

In times of trouble and crisis one of the most beautiful sights is the selfless acts of kindness of neighbors rescuing, giving, and serving each other. This is where the power of love shatters prejudice, boundaries, and fear to shine most brightly.

It is becoming increasingly evident that families today are living in the midst of such a crisis. For this reason LivingWell is launching a “Families 4 Families” Community Care Program. All that is needed is a family with a heart to give love and invest time into a family that is caught in crisis. This will be a six-month commitment that will include one evening of training at our Farm Home in October. If you are willing to make a difference in one family and in our community please call Julie at 717.533.0881 to sign up for our training.



Community Recovery

November

Community Recovery Gathering at the Farm (6-8pm). Join us for an evening of community support for anyone on the path to recovery. We'll make a "Group Soup" together in the kitchen - please bring any ingredient for a soup and we'll spend time interacting and cooking in the kitchen.

Live and Learn

Live and Learn is our weekly community program that provides an introduction to the seven steps of LivingWell through facilitated and interactive dialogue and activities. It's held weekly on Tuesdays at noon in the LivingWell Office.

3D Balance

Wednesday at 6:00 pm

Learn how mindful movement can relieve stress and tension, physical pain, and increase well-being. Build awareness of connection between mind, body and spirit. Progressive information over 4 weeks, so participants are encouraged to sign up for 4 weeks to embrace a full transformational lifestyle change. \$15 per class/\$50 per month.



NatureRX

Christmas Open House ??

Then we'll eat around the dinner table and share an inspiring program in a safe and loving space to explore how to find balance in mind, body, and spirit and learn to sustain recovery amidst life's challenges.



***Friends and Family Community
Thanksgiving***

We are thankful for our friends and family and the ability to share time together. Join us for a community Thanksgiving gathering on November 24th at 4PM in our comfortable Farm Home located at 345 Witmer Road,Hershey.

A great way to connect with people of all ages around a potluck meal.

Bring a friend and a food dish to share.

Call our office at 717-533-0881 if you have questions.



Check out our [Calendar](#):

November						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

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Questions or comments? E-mail us at Info@LivingWellinstitute.net or call 717-533-0881

When you shop at Amazon please consider starting at Amazonsmile and selecting LivingWell Institute as your preferred charity. A percentage of your purchase will be donated to our organization. Start shopping [here](#)!



