Newsletter August 2020
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LivingWell INSTITUTE
Mind.Body.Spirit

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

The Rock and the Wave

Living a life of balance and working towards health and wholeness is a daily journey...and one that is not for the weak of heart, mind, or body.

Perhaps the most simple yet powerful reminder that we give to those who are committed to taking an active role in their well-being amidst the struggles of life is the following: **“It’s a new day”.**

Climbing a mountain begins one step at a time and lifestyle change can be overwhelming. There are times when we need to be “the rock”, a stable and grounding force in times of chaos and stress. Other times finding balance requires us to be “the wave”, a powerful force that can press against rigid beliefs, habits, and patterns.

Knowing where to stand, how to move, and when to be still is all part of the process of transformation. We invite you to discover a dynamic balance in your life!

NatureRx

August 8th

Start your morning by joining us for the renewing of your mind, body and spirit in nature!

Boyd Big Tree Preserve Conservation Area, 401 Fishing Creek Valley Road, Harrisburg, PA 17112

August 22nd

Gretna Clarence Schock Environmental Center and Trail Head, 3283 Pinch Road, Lebanon, PA 17042

Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming.

3D Balance Class

Wednesdays at 5:00 PM

Stretching, relaxation breathing, and mindful movement in a guided class to help you explore how to relieve physical tension and stress in your body. Learn new meditation and breathing techniques and be inspired to care for yourself!

Weather permitting - we will offer these outdoors in a scenic location to be announced within 24 hours prior to the program. Check Facebook or LWI website for details.

Click here for the link to the program.

August 21st 6-7pm

This community gathering is a great place to build connections, share experiences, and learn from each other. You are welcome to bring your picnic

Do you have a canoe, kayak, or SUP that you're not using?

LWI offers a nature-based program called "Discover Me" that will provide opportunities for exploration in body, mind, and spirit on the water.

Many people we serve have never experienced what it's like to be on a river, make a campfire, or walk in the woods.

We are asking our community to help support this program by donating boats, paddles, life jackets, or a charitable contribution. Donte here or call Steph Eisenbise for more information (717) 449-3303.

Community Recovery Gathering

Tuesdays at 7:00 PM

A " whole person" approach to addiction recovery with a guided discussion in a safe, compassionate, and non-judgemental environment. This program is available (weather dependent) for those who are healthy and able to join us locally at the LivingWell

meal at 6:00 and enjoy it prior to the program beginning at 7:00.

** Due to current restrictions for gatherings - **please RSVP by August 18th*** to info@livingwellinstitute.net *or call (717) 533-0881.*

Farm Home in Hershey. This meeting is also available remotely by Zoom.

Learn new methods to support your well-being and explore how to sustain recovery amidst stress and life challenges. Click here for the link to the program

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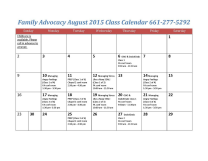
Check out our Calendar:



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

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