



Monthly Newsletter June 2022



LivingWell Fitness

A combination of 2 weekly core classes will help expand your horizons and transform your approach to self-care. See website for details on classes:

- **3D Balance:** Wednesdays 6:30-7:30pm
- **BroomStick class:** Saturdays 9-10am

Cost \$15/class or \$40 for a monthly membership. *Call office to confirm space.*

20 Valley Rd, Hershey 17033



Friends & Family Meal

Join us for a community meal and lawn games activity at the LivingWell farm, all ages welcome!

Bring a dish to share, meet new people, expand your relationships, and meet and feed the farm animals.

- **Tuesday June 21st:** 6-8pm
- **Tuesday July 19th:** 6-8pm
- **Tuesday August 16th:** 6-8pm

345 Witmer Road, Hershey 17033



Fan the Flame

The River Exchange presents an inspired speaker series outdoors "Ordinary People Living Extraordinary Lives" on the patio overlooking the Susquehanna River.

- **Friday July 1:** 5:30pm picnic / 7pm speaker Rachel Stull
- **Friday July 15:** Paul Williams speaker

River Exchange location: 150 Calvary Church Road, Wrightsville

NATURE-BASED CREATIVE EXPRESSION

This class encourages the quieting of your mind and tapping into your creative spirit. We will alternate between guided meditative thoughts, movements and connecting with our spirit. NO artistic ability needed as you will guide you through a creative expression journey that will be unique to you. *Come prepared for outdoor activities/light stretching!*

- **Thursday June 23rd,** 4-7pm (RSVP by 6/22)
- **Tuesday July 12th** 5-8pm (RSVP by 7/11)

Location: the River Exchange (150 Calvary Church Rd. Wrightsville PA). Cost- \$25, all supplies and light meal will be provided.

Limited spots available - RSVP by calling (717) 533-0881

