

# LEARN TO EMPOWER & SUPPORT PEOPLE TO HAVE THE COURAGE TO CHANGE

## COMMUNITY MEALS

*"Friends & Family" 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! Every third Tuesday of the month from 6-8pm. 345 Witmer Rd. Hershey PA 17033*

## "FAN THE FLAME"

*Inspirational outdoor evening program in partnership with the RiverExchange. Enjoy sunset over the Susquehanna River and listen to guest speakers - "Ordinary people who live extraordinary lives":*

- July 5th & 19th 7:00-8:30pm
- August 2nd & 16th 7:00-8:30pm
- September 20th 7:00-8:30pm

*River Exchange location- 150 Calvary Church Rd, Wrightsville, PA 17369*

## TRAINING PROGRAM

*Restoration of family, health and wholeness takes a community...and together we can encourage and support those who are struggling and build a healthier community.*

*LivingWell is offering three training sessions at our different locations.*

*Learn more about how to get involved.*

- September 7th 9:00-11:30am- @ The LivingWell Farm
- January 16th 5:00-7:30am @ The LivingWell Office
- May 6th 9:00-11:30am @ The River Exchange

## NATURE RX

*Experience the health benefits of time in nature at the LivingWell Farm, kayaking on the river, in the flower garden, and in the woods. See website for details.*

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"LIVINGWELL OFFERS  
A LOVING  
COMMUNITY THAT  
ENVELOPES YOU AND  
MAKES YOU FEEL  
CARED FOR"  
*Program Participant*

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LIVINGWELL IS SEEKING  
HELPING HANDS AND  
HEARTS!

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