

# LIVINGWELL

Monthly Newsletter



June 2021



## Volunteer Training

Learn how to care for those in need in your community and help to transform lives. Training 8:30-10am at LivingWell Farm and includes breakfast:

- June 26
- July 24
- August 21

## iFit workshops

Dig deep and explore new ways to manage stress and care for your body, mind and spirit. Workshops at the RiverExchange 9-11am and includes breakfast:

- June 11 & 25
- July 7 & 23
- August 13 & 27

## NatureRx

Experience the benefits of nature and get outdoors with LivingWell this summer. Open to the community. Call to reserve your spot!

- Kayak Trip June 26 & July 10
- Hikes July 24 and August 21
- Bike Ride August 7

## SUMMER CELEBRATION

June 12th 2:30-8pm

Outdoor celebration open to the community for all ages!

Live music, lawn games and kids activities, nature trek to the creek, and dinner provided. A wonderful opportunity to enjoy the blessing of community and renew your body, mind and spirit.

RiverExchange 150 Calvary Church Rd, Wrightsville PA 17368

Call for more information: (717) 533-0881



# June 12th Event Schedule

## **Outdoor Celebration and activities for all ages!**

**2:30-8:00pm**

Experience LivingWell through this community celebration, hands-on activities, live music, and the opportunity to renew your mind, body and spirit

**2:30-3:30pm**

### **Journey to the Well guided walk**

Join Karen Gish to explore the beauty of the nature and discover the power of choice in our destiny and how we live our lives

**3:30-4:30pm**

### **iFit stress management and stretching**

Join Kylee Koval for gentle stretching, mindful movement, and inspiration to care for your body, mind, and spirit this summer.

### **NatureRx mountain and creek adventure**

Join Steph Eisenbise and Eric Imhof for an adventure over the mountain and to the stream

**4:30-5:15pm**

### **Youth Scavenger Hunt & Lawn Games**

**5:30-7:30pm**

### **Dinner and Live Music**

**7:30-8:00pm**

### **Paper Lantern Lighting**



SUMMER CELEBRATION • JUNE 12TH, 2021

Call for more info (717) 533-0881

