



# Monthly Newsletter September 2022



## 3D Balance Self-Care Class

Gentle stretching class and combined lifestyle education program to align your body, mind and spirit.

Learn how to care for yourself in a new and integrated way.

- Wednesday's 6:30-7:30pm at Hershey Office, 20 Valley Road, Hershey 17033

Please call to confirm your attendance (717) 533-0881

## 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 Sept. 20th: 6-8pm
- Tuesday Oct. 18th: 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 September 2nd: 7 with guest speaker Galen Burkholder of Global Disciples for an incredibly inspiring evening!

River Exchange location: 150 Calvary Church Road, Wrightsville

## FALL WELLNESS RETREATS & WORKSHOPS

We're excited to announce that LivingWell will be partnering with *Nourish with Krsitie* to offer fall retreats and workshops!

*Nourish* assists individuals on cracking the code to the naggy symptoms that keep them from feeling their absolute best! Diving deep to find and HEAL the root cause of your health concerns.

Wellness Programs are experiential and will equip individuals with skills and techniques to manage one's health and improve overall well-being.

*Stay tuned for dates and availability!*

