

LIVINGWELL INSTITUTE

Monthly Newsletter



July 2021



Volunteer Training

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

- July 24 & August 21 from 8:30-10am

Call to register (717) 533-0881

Sunrise River Adventures

Sunrise on the River for a time of inner reflection and renewal. Kayaks provided. Suggested donation \$50. Call to register (717) 533-0881:

- July 11 (beginner) 6-10am
- July 22 (intermediate) 6-10am
- August 15 (intermediate) 6-10am
- August 19 (beginner) 6-10am

Friends & Family Meals

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!

- 7/27 & 8/17 from 6-8pm

Meet the farm animals too!

iFIT STRESS MANAGEMENT WORKSHOPS

Dig deep and explore new ways to manage stress and care for your body, mind and spirit! Join Kylee Koval and discover iFit: "in fitness I transform" through this amazing program.

Workshops includes breakfast and are held at the RiverExchange (150 Calvary Church Rd, Wrightsville PA 17368). Suggested donation \$25. Call to register (717) 533-0881.

- July 9 & 23 from 9-11am
- August 13 & 27 from 9-11am

