



Embracing a Season of Hope

Discover freedom and optimal well-being as you learn to LiveWell. Empowering people to actively engage in their journey to wellness in body, mind and spirit.

Spring Cleanup Fundraiser with LivingWell Youth

Looks like the groundhog was spot on this year about having six more weeks of winter! The good news is spring is on the way and there are many opportunities for spring cleanup.



LWI Youth are raising funds to support special trips to places like Adventure Sports and City Island Mini Golf. If you need help cleaning up around your yard or spreading tanbark - we'd love to lend a hand in return for a donation of your choosing.

For more information email: C.hitz@livingwellinstitute.net

A Dream Come True

Bringing a dream to life is thrilling, terrifying, and everything in between. For Karen Gish, this was to see *The River Exchange* become a place of creative expression, spiritual restoration, inspiration, and celebration after a house explosion cleared everything on her property in 2014.



Karen Gish shared: “For five years I’ve had the privilege of working for LWI and one of our favorite gifts we give away is permission to dream and create something new through your life. *The River Exchange* is now a therapeutic environment for care, community programs, and events. This spring we open “*The Journey to the Well Trail*” and offer outdoor experientials at the river and spiritual mentoring.

[The River Exchange](#)

Hope for Spring! Embracing the future



Spring is a season that holds the tension between the enduring of a long winter and the bursting forth of new life and potential growth.

The impacts of social isolation, chronic stress, COVID, and the divisions and fractures in our communities have a cumulative impact on our health and well-being. Yet the abundant hope for new beginnings, the increasing daylight, and opportunities for freedom are right in our midst...if we choose to embrace the beginning of a new season with an attitude and posture of hope.

Check out our [Calendar](#):



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