



# Monthly Newsletter July 2022



## Harrisburg Family Care & Support

LivingWell is excited to extend our services to the Harrisburg community with events, programs, and support for individuals and families.

- **Live & Learn group program:** Tuesday's noon-1pm at St. Pauls church location 201 N 17th St, Harrisburg, PA 17103
- **Community events** - see website for details and follow us on Facebook (*The Harrisburg Family Care Center -HBG School district*)



## 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 July 19th:** 6-8pm
- **Tuesday August 16th:** 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 July 15:** Paul Williams speaker

**River Exchange location:** 150 Calvary Church Road, Wrightsville

## CREATIVE EXPRESSION HANDS-ON PROGRAM

This class encourages the quieting of your mind and tapping into your creative spirit. We will alternate between guided meditative thoughts, movements and connecting with our spirit. NO artistic ability needed as you will guide you through a creative expression journey that will be unique to you. *Come prepared for outdoor activities/light stretching!*

- **Tuesday July 12th 5-8pm** (RSVP by 7/10)

**Location:** the River Exchange (150 Calvary Church Rd. Wrightsville PA). Cost- \$25, all supplies and light meal will be provided. *Limited spots available* - RSVP by calling (717) 533-0881

