

Monthly Newsletter August 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 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 August 5th 7pm: Terry Overholser speaker "*Living, Loving, and Leading Wholeheartedly*"
- Friday August 19th 7pm: Janelle Stone

River Exchange location: 150 Calvary Church Road, Wrightsville

INTRODUCING FAMILY CARE CENTER OF HARRISBURG

LivingWell is excited to extend our services to the Harrisburg community in partnership with Harrisburg School District 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*)

