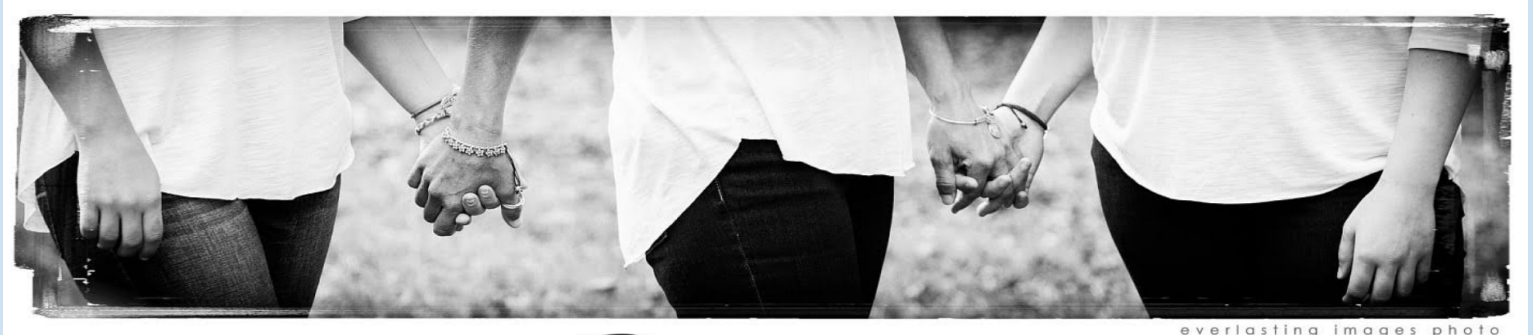




Discover a new path to health and wholeness. Find creative solutions to life's challenges!



Empowering people to learn to *LiveWell*.

A New You in the New Year

If you've found yourself falling short of your New Year's Resolutions, you're not alone. Without a clear vision and plan, as well as ownership of our goals and established accountability, it's easy to become overwhelmed by life and default to passivity. Taking responsibility for our own lives and choosing to live forward toward a new reality can be daunting, but we wholeheartedly believe that you can live well, and we're here to walk alongside you on the way.

NatureRX

February 29th at 10:00 AM

Start your morning by joining us for the renewing of your mind, body and spirit as we hike in beautiful Mount Gretna Clarence Schock Environmental Center and Trail Head. 3283 Pinch Road, Lebanon, PA 17042

This is a gentle hike on paths suitable for any hiker. Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming. 717-533-0881

3D Balance

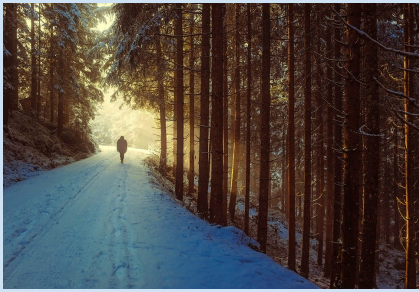
Wednesday at 6:00 PM

Learn how mindful movement can relieve stress and tension, physical pain, and increase well-being. Build awareness of connection between mind, body and spirit. Progressive information over 4 weeks, so participants are encouraged to sign up for 4 weeks to embrace a full transformational lifestyle change. \$15 per class/\$50 per month.



Live and Learn Tuesdays at 12:00 PM

Live and Learn is our weekly community program that provides an introduction to the seven steps of LivingWell through facilitated and interactive dialogue and activities. It's held weekly in the LivingWell Office.



Community Recovery Group

February 4th and 18th
6PM - 7:30PM

Community Recovery Gathering at the farm home, 345 Witmer Road, Hershey. Join us for a time of community support for anyone on the path to recovery from addiction. We'll eat and share an inspiring program in a safe and loving space to explore how to find balance in mind, body, and spirit and learn to sustain recovery amidst life's challenges. Please call the office at 717-533-0881 to RSVP or get more information.

Friends and Family Night

February 11th
6PM - 7:30 PM

Join us for a community gathering in our comfortable Farm home located at 345 Witmer Road, Hershey.

This is a great way to connect with people of all ages around a potluck meal, music, and games.

Bring a friend, a food dish to share and your favorite g
Call our office at 717-533-0881 if you have questions.



February is the third month of winter and is known as the month of purification. It's also the month we celebrate Love. This year make a commitment to love yourself, recognizing that life is full of many amazing and awful realities but we all have a choice to choose life and love. May this month be a blessing as you take the first step to improve your well-being and love yourself.

Check out our [Calendar](#):



Room Available

Do you know someone who is looking for a restorative place to live? There is room available at the Farm home for individuals in need of care, rest, and community. Contact 717-215-9360

Follow us on :



LivingWell Institute is a 501(c)(3) organization. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1.800.732.0999. Registration does not imply endorsement.

Questions or comments? E-mail us at Info@LivingWellinstitute.net or call 717-533-0881

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