

Monthly Newsletter May 2022



LivingWell Fitness

A combination of 3 weekly core classes will help expand your horizons and transform your approach to self-care. See website for details on classes:

3D Balance: Wednesdays 6:30-7:30pm
BroomStick class: Saturdays 9-10am

Cost \$15/class or \$40 for a monthly membership. *Call office to confirm space.*

20 Valley Rd, Hershey 17033



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 May 17th: 6-8pm

345 Witmer Road, Hershey 17033



Live & Learn Wellness Program

Group program with dialogue & discussion. Learn to manage stress, gain encouragement, and build connections in the community.

Tuesday's 12-1pm (*free program*)
20 Valley Rd, Hershey 17033

1st & 3rd Thursday's 7-8pm (*Free program*)

River Exchange location: 150 Calvary Church Road, Wrightsville

NATURE-BASED CREATIVE EXPRESSION

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!*

Saturday May 14th, 9-12noon at the River Exchange (150 Calvary Church Rd. Wrightsville PA)

Cost- \$25, all supplies and light meal will be provided.
Limited spots available! RSVP: by May 11th call (717) 533-0881

