

LIVINGWELL

Monthly Newsletter

may 2021



SAVE THE DATE!

Join us Saturday June 12th for an outdoor celebration at the River Exchange. Learn about the programs, enjoy live music, play lawn games, and discover an opportunity to experience a new path to live well this summer for you and your loved ones!

iFit in 3D

Be inspired to care for yourself with fitness, nutrition, yoga, stretching, breathing practices, and a holistic approach to wellness and improved quality of life. Weekly offerings for all ability levels, available in-person and online.

BEYOND RECOVERY

Weekly educational series for individuals in recovery and their families and support system, learn skills and gain confidence in understanding addiction, finding balance, and self-care techniques.

SUMMER SOLUTIONS

Need Help?

Small group workshops and hands-on experiences available for individuals and families suffering from trauma, recovery, anxiety, depression, and stress.

Want to Help?

Volunteer, part-time, and full-time opportunities available! Learn more and consider contributing to an amazing experience of transformation for yourself and those in need of support.

20 Valley Road, Hershey PA 17033 (717) 533-0881



