



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

Going green..

Together as a community can we find a new normal and discover that truth and love is possible, while honoring your own life as well as others?

As our opportunities to engage in community connections expands, so does the question about social distancing and what is safe. What does that look like? How close is too close and do I have to be afraid?

Please know that living life together always comes with benefits and risks, as does isolation. COVID has provided us a great opportunity to learn more about how we all respond to stress and the unknown.

Our hope is that everyone will find their way back to health and wholeness and that it will start with a hope for a healthier you and community.

Everyone is being given more opportunities to choose how to re-engage and our hope is that you embrace your choice with respect and honor.

At LWI, we are a family business in the business of restoring families and we have come to appreciate that every individual and family is a unique expression of love and fear. So as you make your way out into the community, remember that fear compromises your well-being and love is a universal language that may need to start with a smile...and if yours is hidden behind a mask, an act of kindness will do!

From our LivingWell family to yours - may God bless you as you find yourself transitioning from yellow to green!

With love,

The LivingWell Institute Family and Team



July 11 at 9:00 AM

Start your morning by joining us for the renewing of your mind, body and spirit in nature!

[Boyd Big Tree Preserve Conservation Area](#), 401 Fishing Creek Valley Road, Harrisburg, PA 17112

July 25 at 9:00 AM

[Gretna Clarence Schock Environmental Center and Trail Head](#), 3283 Pinch Road, Lebanon, PA 17042

Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming.

Journey to the Well Trail



The Journey to the Well Trail is under construction and will be opening on July 25th. This project has brought many artists, builders, and volunteers together to create an inspired experience that will provide beauty and space for anyone to reflect, refocus, and to envision creating something new through their own life.

Community Dialogue On Health & Wholeness



July 9th 7am & July 20th 7pm

Join local, regional, and global leaders in the field of health and wholeness for a collaborative and interactive conversation to exchange ideas, build connections, and inspire each other to be the



Do you have a canoe, kayak, or SUP that you're not using?

LWI is launching a nature-based program called "Discover Me" that will provide opportunities for exploration in body, mind, and spirit on the water.

Many people we serve have never experienced what it's like to be on a river, make a campfire, or walk in the woods.

We are asking our community to help support this program by donating boats, paddles, life jackets, or a charitable contribution. [Donte here](#) or call Steph Eisenbise for more information (717) 449-3303.

Community Recovery Gathering



Tuesdays at 7:00 PM

A "whole person" approach to addiction recovery with a guided discussion in a safe, compassionate, and non-judgemental environment. For those who

change we want to see in our own lives and the world around us. Topics this month include a Mindful Living Approach to Finding Balance and Creative Ways to Improve Your Whole Person Health. [Click here for the link.](#)

3D Balance Class



Wednesdays at 5:00 PM

Stretching and mindful movement class to explore how to relieve physical tension and stress in your body, learn new meditation and breathing techniques, and be inspired to care for yourself.

Weather permitting - we will offer these outdoors in a scenic location to be announced within 24 hours prior to the program. Check Facebook or LWI website for details!

[Click here for the link to the program.](#)

are healthy and able to join us locally, we will meet on the porch at the LivingWell Farm Home in Hershey. This meeting is also available remotely by Zoom.

Learn new methods to support your well-being and explore how to sustain recovery amidst stress and life challenges. [Click here for the link to the program](#)

Friends and Family & Fan the Flame

At the River Exchange

July 17th 6-8:30pm

We are excited for some great outdoor family fun this summer for our Friends & Family nights. These community gatherings are a great place to build connections, share experiences, and learn from each other.

This month we will be having our Friends and Family Night at the River Exchange. Join us for a potluck meal at 6pm and then stay for our summer opening of Fan the Flame at 7pm out on the patio.

** Due to current restrictions for gatherings - **please RSVP by July 15** to info@livingwellinstitute.net or call (717) 533-0881.*

Check out our [Calendar](#):

A small calendar icon showing the month of August. The calendar is a grid with days of the week and dates. The title of the calendar is "Family Advocacy August 2015 Class Calendar 661-577-5292".

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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