

JUNE NEWSLETTER



THIS MONTH—SPEAK YOUR TRUTH....

We believe in the power of authentic expression. This month, June, is all about embracing your voice and sharing your story. We're hosting several events this month to provide our community with opportunities to participate in experiences that encourage balance and sustain over all well-being.

THIS MONTH EVENTS....

3D Balance Stretching Class

June 17th, 9- 10 am

June 28th, 6-7 pm

@ LivingWellCare offices, 20 Valley Rd, Hershey PA



Events at the River Exchange

Adventure to the River-Advanced Hikers

please come with proper hiking attire.

Journey to the Well- An option for a more gentle walk with beautiful scenery.

June 29th @ 5-6:30 pm

150 Calvary Church Rd.

Wrightsville PA 17368

Friends & Family
Backyard Gathering
June 20th, 6-8:30 PM
@ LivingWell Farm, 345
Witmer Rd, Hershey

