Newsletter December 2020
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LivingWell INSTITUTE
Mind.Body.Spirit

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

Supporting Families
through charitable donations

In this time of uncertainty, there's a fundamental truth that gives us hope - *together we can do extraordinary things.* LivingWell is now caring for 47 families with 106 children and we have a unique opportunity for you to help out!

The LivingWell Farm Animal Project: we are raising funds to purchase 2 ponies, 4 goats, 5 bunnies, a pig and a donkey! This program provides meaningful experiences on the farm as each person heals from the inside out, forming new relationships with themselves and others.

Your donation will help support the restoration of families that are recovering from trauma, generational poverty, abuse, neglect, substance abuse and who are committed to actively participating in the process of change for

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3D Balance Class

Wednesdays at 5:00 PM

With the change in seasons, many of us spend more time indoors and in a sedentary lifestyle.

better health in their families and in our community.

Will you help us? [Please give your donations here.]

Being thankful and reflecting on 2020

As we look back on this monumental year of 2020 where COVID-19, quarantine, uncertainty, and a less than inspiring presidential campaign took center stage, depending on the lens one views life from - you could say we saw far more glory than gloom.

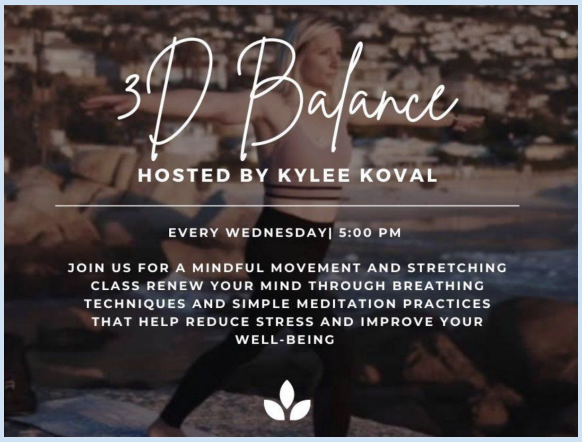
We'd like to share another perspective - a glimpse of what we have seen in 2020 that has filled our hearts with gratitude.

* A community that has come together to fuel hope and dispense love.

This class is a great opportunity to learn how to quiet your mind, stretch and move your joints from the top of your head to the tips of your toes, and refresh how you feel physically, mentally, and spiritually.

Join Kylee Koval, our lead instructor, and experience her contagious passion and practical knowledge of physical health and it's connection to body, mind and spirit well-being.

Click here for the link to the program



NatureRx

Bundle up for fresh air and a winter nature walk with LWI!
Details to be posted on LWI FaceBook page!

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* A committed & passionate care team that says Yes and then figures out how.

* The gift of creativity to expand our virtual platform.

* Moments of awe and wonder with our clients in nature.

* Modelling integration & partnering with county agencies to see families reunited.

* Creating inspired environments to support youth to be successful with online schooling.

* Hosting weekly gatherings to empower mothers to cook healthy meals and develop new friendships.

* Lively teen nights at the farm every Thursday.

* Outdoor concerts and gatherings to renew our spirits.

* Cooking and delivering 50 Thanksgiving meals.

Community Recovery Gathering

Tuesdays at 6:00 PM

A “ whole person” approach to addiction recovery with a guided discussion in a safe, compassionate, and non-judgemental

environment. Build new relationships and learn new methods to support your recovery amidst stress and life challenges. Click here for the link to the program

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No matter how you celebrate - have a blessed holiday season!

Check out our Calendar:

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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