



## Monthly Newsletter February 2022



### iLove Campaign

Each year in February we invite our community to dig deep and explore what love means to you and discover a renewed capacity to love yourself and others.

As humans we all have a desire to give and receive love. Throughout our lives we experience ups and downs, pain and disappointment, joys and sorrows, all of which challenge our ability to do this successfully.

Check out our blog and social media and join the conversations as we share and learn from each other!



### Friends & Family Meal

Join us for a community meal 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 February 15th 6-8pm  
Tuesday March 15th 6-8pm

345 Witmer Road, Hershey 17033



### LivingWell Fitness

**3D Balance:** Mindful movement class led by Kylee Koval. Learn to release tension in your body and explore your health in body, mind and spirit.

Wednesdays 6-7pm *(free program)*

**BroomStick class:** Mobility & range of motion program led by Nate Daughtery.

Saturdays 9-10am *(free program)*

20 Valley Rd, Hershey 17033  
Call office to confirm space.

### CREATIVE EXPRESSION WORKSHOP

This class encourages the quieting of your mind and tapping into your creative spirit. We will alternate between guided meditative thoughts and connecting with our spirit. No artistic ability needed as you will be guided through a creative expression journey that will be unique to you!

Thursday March 10th 4-7pm

Cost: \$25 *(all supplies and light meal included in this cost)*

RSVP by March 8th

150 Calvary Church Rd, Wrightsville 173

