



Monthly Newsletter March 2022



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)

150 Calvary Church Rd, Wrightsville 17368

RSVP by March 8th

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 March 15th 6-8pm

Tuesday April 12th 6-8pm

345 Witmer Road, Hershey 17033

Live & Learn Wellness Program

Group program with dialogue & discussion. Learn to manage stress, gain encouragement, and build connections in the community.

Tuesday's 12-1pm (free program)
20 Valley Rd, Hershey 17033

1st & 3rd Thursday's 7-8pm (Free program)

River Exchange location: 150 Calvary Church Road, Wrightsville

SPRING FITNESS TUNE-UP

Looking for a way to improve your health and well-being?

LivingWell Institute is now offering classes designed to empower you to care for yourself and improve your quality of life!

Take the time to invest in your health this spring and experience the benefits for range of motion, improved sleep, increased flexibility, and many more.

A combination of 3 weekly core classes will help expand your horizons and transform your approach to self-care. See website for details on classes for LivingWell Fitness. (Cost \$15/class or \$40 for a monthly membership)

