

LIVINGWELL INSTITUTE

Monthly Newsletter



September 2021



NatureRx

Enjoy the fresh air and a family-friendly community activity with LivingWell. Monthly nature walks at local parks for all ages and abilities:

- Saturday September 11th 10-11am at City Island in Harrisburg. Meet at the west end of the Walnut Street Bridge on City Island



iFIT in 3D

Intensive LivingWell Lifestyle program centered around movement and physical activity. Scheduled events will be posted on our website and facebook.

- 3D Balance Class offered Thursday 9-10am at Hershey Office (also available online)



Friends & Family Meal

Monthly potluck meals at LivingWell Farm. Together we build community, create new relationships, and share in the joys and burdens of life. All ages welcome. *Meet the farm animals too!*

- Thursday September 23rd 6-8pm
345 Witmer Road, Hershey 17033

BODYWORK NOW AVAILABLE!

Meet Orazio Chiodo!

Our LivingWell Care Team welcomes Orazio and we're excited for him to provide bodywork services at our Hershey office.

A veteran and former combat medic, certified massage therapist, martial artist, and fitness instructor, Orazio has provided specialized care to our community for two and a half decades.

Manual soft tissue manipulation, passive stretching, and myo-fascial release now available at our office. As of Sept 1, 2021 Orazio Chiodo will be providing services on-site at 20 Valley Road, Hershey.

