



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

Reflections from 2020

Wow! What a year! For many of us, 2020 just couldn't end soon enough. And yet, we've seen people come together in some amazing ways.

Here at LivingWell, we've seen this year take its toll on everyone. We've seen struggling families torn apart, we've stepped in to stop abuse, we've held the hands of people caught in the painful, downward cycle of addiction or at the end of their hope because life is crumbling all around them.

Yet through it all, the inner strength within each of us has also become even more apparent. Families who had been split apart have been reunited because now more than ever we need each other, and they've refused to let life stop them here. We've aided reconciliation between hurting people, we've walked alongside the broken on the path to recovery.

What we've seen this year is that if you can't stay connected to love, you will be gobbled up by the plague of pain and suffering in this world. But we've also seen that love is there, for all of us—especially in our darkest hour. And when we open our hearts to unconditional love and ground ourselves in it, those same external factors can't sink us.

If you are struggling, please reach out—to us, to family, to friends, to someone—anyone. Know that you are not alone, and there is hope for you.

Join us as we step into a New Year with great hope for our community and the world in 2021. As we take what we've learned in 2020 - let's remind each other to choose love and to take action to make a



Visiting baby goats!

3D Balance Class

Wednesdays at 5:00 PM

With the New Year here, this class is a great opportunity to take responsibility for your well-being in a safe and loving environment!

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 your spirit.

Join instructor Kylee Koval 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](#)

difference in the lives of those around us, one person and one family at a time.



Starting the Year Renewed

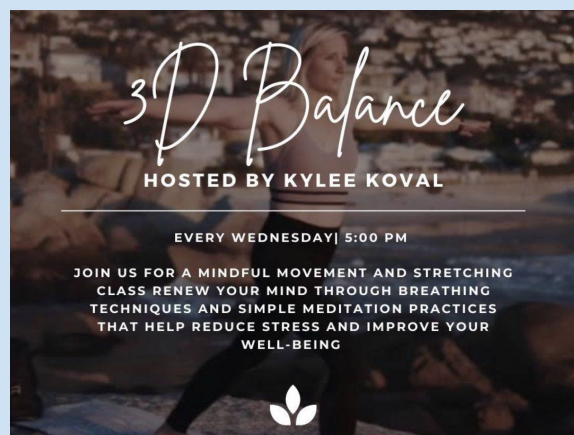
As an organization we are passionate about offering a lifestyle education that empowers people to live well, creating safe and healing environments, and providing inspiring opportunities to experience this daily.

Our hope as we step together into a New Year is that as individuals, families, and communities - we will inspire each other toward health and wholeness.

As a gift to yourself and others, we have put together a list of 21 suggested activities for renewing your mind, body, and spirit in 2021.

Renew Your Mind

1. Take a 30 minute walk and find something beautiful outside, take a picture of it and send it to a friend.
2. Create a Renew My Mind music playlist
3. Practice thinking out loud with a friend or family member.
4. Read a blog or listen to a podcast.
5. Inhale love and exhale fear.
6. Draw or paint someplace or something that inspires you.
7. When your mind starts spinning, hit reset, and choose a better thought.



NatureRx

10:30AM

Join us for a nature walk along the Susquehanna River! Winter is a great time to explore the outdoors and enjoy fresh air, meet new friends, and get exercise in nature. Bundle up and head outside for a walk in the woods with the LivingWell community at our local parks.

[City Island, Harrisburg PA](#)

Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming.

Community Recovery Gathering

Renew Your Body

1. Start and end your day with 15 minutes of stretching.
2. Write out 3 health goals for the next 6 months and post it on your mirror
3. Take a bath while listening to music or an inspiring message.
4. Start a project that you have been putting off.
5. Choose one of your unhealthy habits and exchange it today for something that is good.
6. Cook with a friend or family member(even if it's virtually).
7. At the end of your day speak love over your heart.

Renew Your Spirit

1. Choose a word for your year, look up the definition and post it.
2. Start and end each day with a prayer of gratitude.
3. Cook to your favorite music and dance in your kitchen.
4. Take an hour to do something that you love doing.
5. Read a children's book
6. Do a treasure hunt of your life and find the things that you love and value the most and write them out.
7. Give yourself permission to take a step toward a dream that you've had.



Tuesdays at 6:00 PM

A “whole person” approach to addiction recovery with a guided discussion in a safe, compassionate, and non-judgemental environment. This program is available (weather dependent) for those who are healthy and able to join us locally at the LivingWell Farm Home in Hershey. This meeting is also available remotely by Zoom.

Learn new methods to support your well-being and explore how to sustain recovery amidst stress and life challenges. [Click here for the link to the program](#)



Check out our [Calendar](#):

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Questions or comments? E-mail us at Info@LivingWellinstitute.net or call 717-533-0881

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