



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

## ***Giving Tuesday***



**Now more than ever  
we are called to  
make a difference.**

#GivingTuesday | Dec 1, 2020

In this time of uncertainty, there's a fundamental truth that gives us hope - *that together we can do extraordinary things*. Join us on #GivingTuesday December 1st and help us support the families in need here in Dauphin County. One of our biggest needs is a large passenger vehicle to be able to transport children and families to programs. Will you help us? [Please give your donations here.](#)

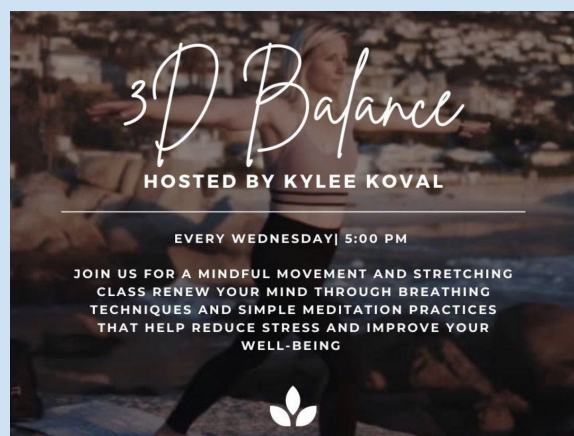
## ***3D Balance Class***

**Wednesdays at 5:00 PM**

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

**Saturday November 28th**

**10:00 AM**

***The Journey to the Well Nears  
Completion***



One year ago when the idea came to create a self guided trail, that would offer four reflective spaces where anyone could process their journey of life through the eyes of their heart, little did I know where this dream would take us.

What began on March 18th is nearing completion and has been the collective work of over 20 artists, builders, excavators, stone masons, landscapers and tremendous volunteers. The final space at the well is in need of hardscaping and the third space, "CHOICE" is needing to be constructed. This will be a T shaped, handicapped accessible deck that extends into the woods.

This summer these outdoor spaces offered a beautiful setting for three weddings, a memorial service, two bluegrass concerts, and several LivingWell community programs. If you would like to be a part of the completion of this Journey Trail you can either donate [here](https://www.livingwellinstitute.net) or on our website @ [www.livingwellinstitute.net](https://www.livingwellinstitute.net).



The change in seasons is a great time to explore the outdoors and enjoy fresh air, meet new friends, and get exercise in nature. Bundle up and head outdoors for a walk in the woods with the LivingWell community at our local parks.

**Gretna Clarence Schock Environmental Center and Trail Head**, 3283 Pinch Road, Lebanon, PA 17042

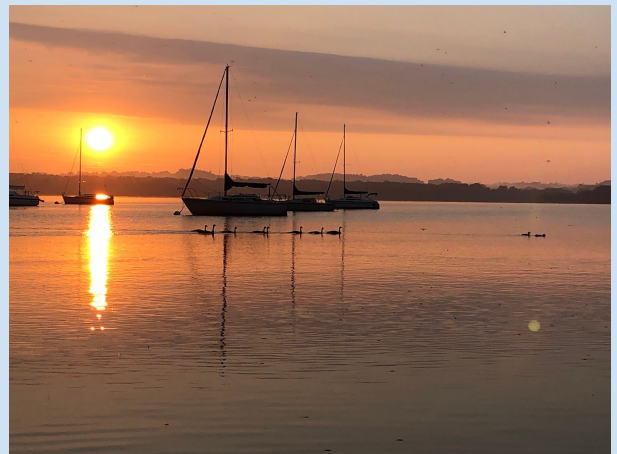
Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming.



October's pumpkin patch trip.

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## ***Community Recovery Gathering***



**Tuesdays at 6:00 PM**



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## ***Do you have a canoe, kayak, or SUP that you're not using?***

LWI offers a nature-based program called "Discover Me" that will provide opportunities for exploration in body, mind, and spirit on the water.



Many people we serve have never experienced what it's like to be on a river, make a campfire, or walk in the woods.

We are asking our community to help support this program by donating boats, paddles, life jackets, or a charitable contribution. [Donate here](#) or call 717-533-0881.

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](#)

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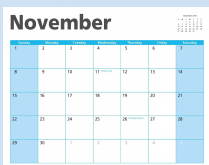
## ***December 4th 6:00-8:00 PM Christmas Open House***



Join us for our annual Christmas Open House. An evening to celebrate with friends. More information to follow.

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Check out our [Calendar](#):



Follow us on :



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**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](mailto:Info@LivingWellinstitute.net) or call 717-533-0881

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