



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

Celebration of Recovery Event October 10th 3-7pm



Join us at the River Exchange, our 75 acre property in Wrightsville overlooking the Susquehanna River, for an outdoor *Celebration of Recovery!*

This event includes nature-based activities for kids and adults from 3-4pm (free) and a live bluegrass concert by Colebrook Road (\$20 tickets - <https://m.bpt.me/event/4764868>)

LivingWell Institute provides family-focused and individualized support to those struggling with recovery from addiction.

Recovery is a journey that includes restoring health in body, mind, and spirit through the opportunity to “*Discover Me*”. Explore the pain and suffering of addiction while accessing therapeutic, creative, and inspiring activities to discover who you are and the freedom to reach your full potential in recovery with this program.

We will be celebrating John Sponeybarger’s contribution to our community through 25 years of recovery support as well as the joy and pain of those on the road to recovery at this event.

3D Balance Class



Wednesdays at 5:00 PM

Stretching, relaxation breathing, and mindful movement in a guided class to help you explore how to relieve physical tension and stress in your body. Learn new meditation and breathing techniques and be inspired to care for yourself!

Weather permitting - we will offer these outdoors in a scenic location to be announced within 24 hours prior to the program. Check Facebook or LWI website for details.

[Click here for the link to the program](#)

NatureRx

October 10, 2020 3-4 PM

Outdoor nature-based activities for all ages at the River Exchange in Wrightsville as part of our Celebration of Recovery Event.

For more information call our office (717) 533-0881.



Global Mental Health Day 10-10-20

The World Health Organization has declared October 10th “World Mental Health Day” with the theme of: *Move for mental health: let’s invest.*

What “move” or step can you take today to invest in your mental health? Consider how you can take an active role to improve your mental health or explore how you could do something to help another person who is struggling.

In the UK, the theme for this Global Mental Health Day is *Kindness*, which is both simple and significant as it relates to one’s mental health. Evidence shows that kindness and helping others can benefit our own mental health and well-being, reducing stress, as well as improve mood, self-esteem, and happiness.

Be kind to yourself and others. Take this opportunity to invest in your mental health by giving 10 minutes a day to do an act of kindness for another person, slow down and care for your own well-being through an activity that reduces stress or brings you joy, or take a step in a new direction to receive help to address mental health concerns.

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

LWI offers a nature-based program called



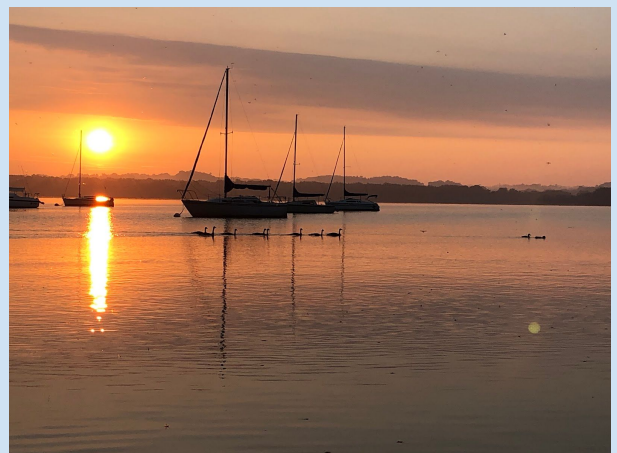
October 24 10:00 AM

Explore the change of seasons in the forest and start your morning by joining us for the renewing of your mind, body and spirit in nature!

[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.

Community Recovery Gathering



Tuesdays at 6:00 PM

“Discover Me” that will provide opportunities for exploration in body, mind, and spirit on the water.



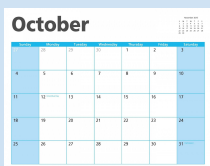
Many people we serve have never experienced what it's like to be on a river, make a campfire, or walk in the woods.

We are asking our community to help support this program by donating boats, paddles, life jackets, or a charitable contribution. [Donate here](#) or call Steph Eisenbise for more information (717) 449-3303.

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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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 or call 717-533-0881

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