



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



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## Empowering people to learn to *LiveWell*.

### ***Walk in Truth( WiT) Live in Love (LiL) Be Present in Time (BPiT)***

There has never been a better time to initiate a journey to live well, than now.

If you desire change... CHANGE.

Take this next month and exercise some discipline by implementing 3 steps and watch your life change.

Find a friend and make a promise to yourself then change.... WiT, LiL, BPiT.

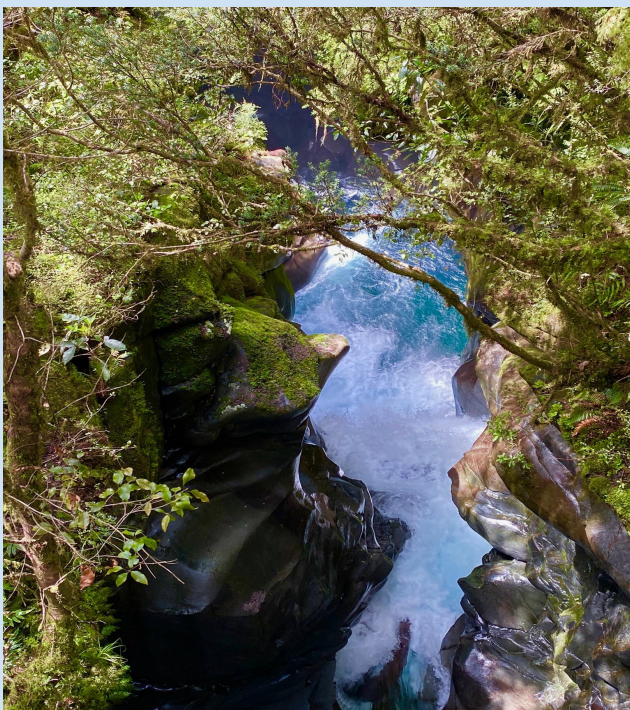
And if you need someone to encourage you along the way, contact us at... and we will be happy to connect you to a hope coach.

In joy,  
Your LWCare Team

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### ***Distanced But Not Divided***

*Finals were over and my son, Charlie was coming home, driving in from Pittsburg with his two roommates. I was excited to pick him up off the turnpike last Friday night. We came home, ate dinner, and then walked over to my Dad's house who greeted him at the door with a hug, then we sat with him for over an hour catching up on life. Shortly after returning to our house one of the roommates texted Charlie saying that he thought he might have the Corona Virus and sent along a picture of his red, swollen toes. Both roommates went into quarantine within their own homes while the one awaited testing on Monday. We decided to wait for his results before testing Charlie and shelter at home while keeping distance from my Dad and put reasonable boundaries in place within our home. We both chose to live as normally as possible and not to let fear gain the upper hand. We spent many hours together outside that included cutting a tree down, and taking long daily walks. We found that even though there needed to be some distance between us it didn't limit our spirit's ability to find joy and experience freedom. By Tuesday the test confirmed that Charlie's roommate had COVID 19*



### ***Community Dialogue On Health and Wholeness***

**Live Stream Mondays at 7pm  
and Thursdays at 7am**

Join local, regional, and global leaders in the field of health and wholeness for a collaborative and interactive conversation to exchange ideas, build connections, and inspire each other to be the change we want to see in our own lives and the world around us. [Click here for the link.](#)

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### ***Community Recovery Gathering***

**Tuesdays at 7:00 PM**

Live stream recovery meetings with a “whole person health” approach to addiction recovery. Led by the LivingWell Care Team and recovery experts. Guided discussion in a safe, compassionate, and non-judgemental environment. Interactive dialogue encouraged to help those in recovery from addiction learn new methods of approaching their well-being and explore how to sustain recovery amidst stress and challenges of life. [Click here for the link to the program:](#)

*and Charlie went in for testing early Wednesday morning. Since then his test has come back negative and in reflecting back on our week I have been reminded to enjoy each day for the gift it is and that a virus may be able to temporarily distance us but not divide us.*

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### ***Live & Learn***

**Live Stream Tuesdays at 12:00 PM**

Live stream interactive stress management program. Guided discussion with questions and answers from participants. Learn new tools to manage your stress and get creative in exploring how to care for your body, mind, and spirit in these changing times. Be inspired to connect with others, share in their process of transformation, and encourage each other to live well. [Click here for the link to the program.](#)

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

**Live Stream on Wednesdays at 3:00 PM**

Live stream mindful movement and stretching class. Explore how to relieve physical tension and stress in your body, learn new meditation and breathing techniques, and be inspired to care for yourself.

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



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### ***NatureRX***

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## A Message of Gratitude

We want to acknowledge and thank a group of community leaders who serve on our Board at LivingWell Institute. Their commitment and passion for the work of caring for the whole person so healing and restoration can come is truly a gift to LivingWell Institute and to our community. With deep appreciation we recognize Paul Williams, Kathy Cerullo-Frick, Brett Dormer, Penny Koval, and our newest member Kelly Fedeli.

Karen Gish  
President of the Board, LivingWell Institute  
Director of River Exchange



Walking gives you time to think and get away from your daily stressors. During this Covid times, one thing the Governor has encouraged all to do is get out and walk. Getting out of your stressful environment, breathing fresh air, and feeling your body move can help relieve stress. Please check our website and facebook pages as to when we will be having planned walks in nature. Until then keep walking! [www.livingwellinstitute.net](http://www.livingwellinstitute.net)

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Check out our [Calendar](#):



Follow us on :



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Questions or comments? E-mail us at [Info@LivingWellinstitute.net](mailto:Info@LivingWellinstitute.net) or call 717-533-0881

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