



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

Journey to the Well Trail

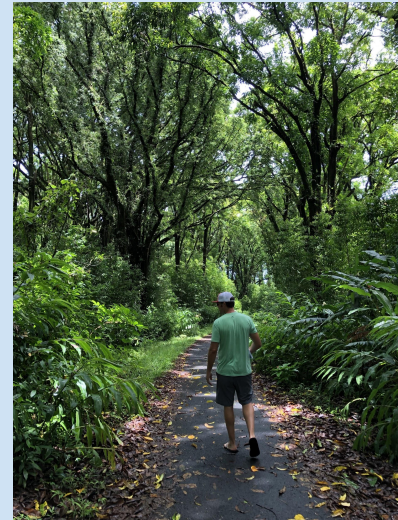
Our life experiences have great lessons to teach us if we could find the time and space to reflect upon them. July 24, 2014 was the day when my world was turned upside down through a lightning strike that hit our propane line resulting in a powerful house explosion.

The providence was that no one was home early that morning. And on that day I was given three words and a glimpse of what a new beginning looked like. This experience, along with the words POWER, PASSION, and CHOICE became my inspiration to create a trail called "The Journey to the Well".



This self-guided trail will provide four beautiful spaces to reflect, refocus, and to envision creating something new through your life. We hope to open "The Journey" July 24, 2020. If you would like to help with the creation of the trail or make a charitable donation to support this project please email Karen Gish @ kgish@livingwellinstitute.net or [donate here](#). (please specify "The Journey")

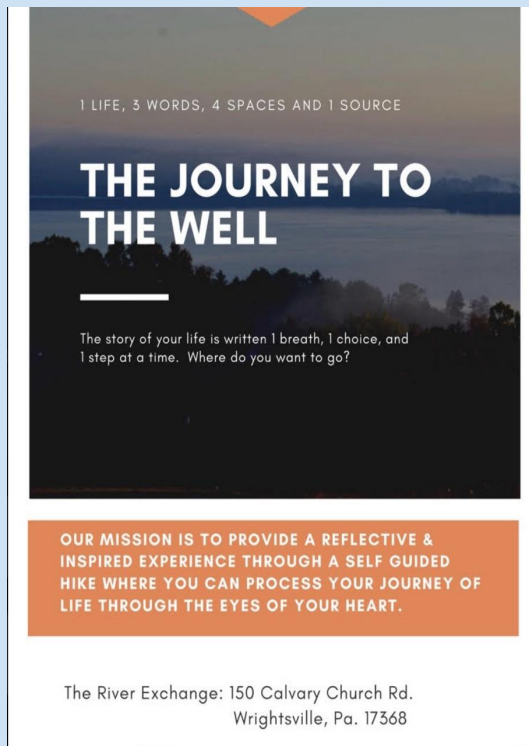
LivingWell NatureRx: *A breath of fresh air!*



As our community begins the transition into summer and increased connection and interaction, *we welcome you to participate in our outdoor stress management and lifestyle education programs and classes!*

We have all experienced a season of increased stress, anxiety, and concern about our health and well-being. And LWI is committed to helping our community heal and strengthen their health in body, mind, and spirit through our NatureRx programs.

Nature-based activities are a scientifically evidence-based support for decreasing stress, boosting mood, reducing anxiety and depression, and increasing creativity. Our fun and innovative programs are designed to create a safe space for individuals and families to learn new skills that will improve their health and well-being.



Community Dialogue On Health & Wholeness



**June 11th 7am &
June 22nd 7pm**

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.](#)

3D Balance Class

June 13 at 9:00 AM

Start your morning by joining us for the renewing of your mind, body and spirit in nature!

[Boyd Big Tree Preserve Conservation Area](#), 401 Fishing Creek Valley Road, Harrisburg, PA 17112

June 27 at 9:00 AM

[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.



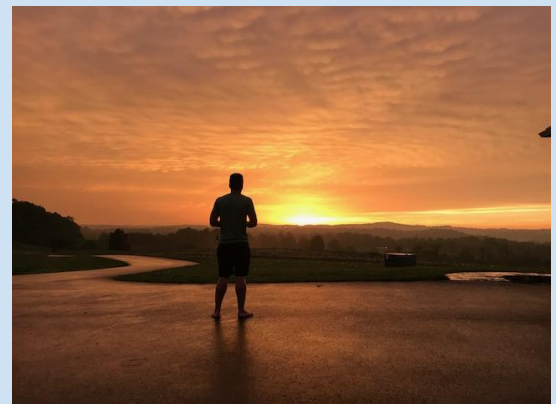
Do you have a canoe, kayak, or SUP that you're not using?

LWI is launching 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. [Donte here](#) or call Steph Eisenbise for more information (717) 449-3303.

Community Recovery Gathering





Tuesdays at 7:00 PM

Live stream addiction recovery meetings with a “whole person health” approach recovery. Guided discussion in a safe, compassionate, and non-judgemental environment. 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](#)

Wednesdays at 5:00 PM

Livestream stretching and mindful movement class to 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.](#)

Friends and Family Gathering

June 18th 6-8pm

We are excited for some great outdoor family fun this summer for our Friends & Family nights. These community gatherings are a great place to build connections, share experiences, and learn from each other.

Join us as we kick off our Friends and Family summer gatherings at the LivingWell Farm Home for a backyard BBQ. Bring a dish to share and LWI will provide the BBQ and lawn games.

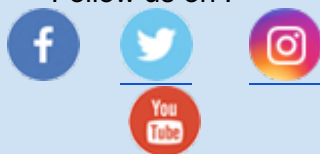
** Due to current restrictions for gatherings - **please RSVP by June 17th** to info@livingwellinstitute.net or call (717) 533-0881.*



Check out our [Calendar](#):



Follow us on :



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

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