



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



everlasting images photo

Empowering people to learn to *LiveWell*.

Trainings Available

LivingWell Institute offers an innovative approach to helping people transform their lives and create Healthy and Whole individuals, families, and communities. Our mission is to empower and equip people to take responsibility for their health.

LivingWell Whole Person Health Trainings are an effective and inspiring way to provide access to these resources through experiential and hands-on learning for:

- Individuals and families interested in helping others learn to live well;
- Businesses who want to improve the lives of their employees and the performance of their business;
- Faith communities seeking training and support to help address pain, conflict, and addiction recovery;
- Community groups who have a passion for health and wholeness.

Our trainings are offered in four primary locations:

1. LivingWell Farm Home: rural setting with access to nature-based learning, community flower garden, and great home cooked meals in a family environment;
2. LivingWell Clinical Hub: integrative clinic in downtown Hershey;
3. River Exchange: 75 acre retreat overlooking the Susquehanna River with hiking trails, creative activities, and spiritual renewal; and
4. Your place of business.

Contact our office to learn more about upcoming trainings or scheduling a training for your business, team, church or community group.

Live and Learn

Live and Learn is our weekly community program that provides an introduction to the seven steps of LivingWell through facilitated and interactive dialogue and activities. It's held weekly on Tuesdays at noon in the LivingWell Office.

3D Balance

Monday's at 6:00 pm

Learn how mindful movement can relieve stress and tension, physical pain, and increase well-being. Build awareness of connection between mind, body and spirit. Progressive information over 4 weeks, so participants are encouraged to sign up for 4 weeks to embrace a full transformational lifestyle change. Led by Kylee Koval. \$15 per class/\$50 per month.



Introduction to Stained Glass

Join us at the farm for a stained glass project on September 11th. We can host 10 people so be sure to let us know you are coming by RSVPing prior to Sept 7th. Call 717.533.0881.



Room Available

Do you know someone who is looking for a restorative place to live? There is room available at the Farm home for individuals in need of care, rest, and community. Contact 717-215-9360



Fan the Flame

In partnership with the LivingWell Institute, the River Exchange is again hosting Fan the Flame. These outdoor fireside chats, that overlook the river, are being held twice a month. The purpose is to bring people together to be encouraged and inspired through the life stories of our speakers. You won't want to miss these evenings which will be educational and inspirational. Come join us Friday, September 6 at 7:00 - 8:30 PM to hear Glenn Hamilton, co-host on The River, 97.3. He will share his story titled "We can Recover" of living in long-term recovery from addiction. Check our facebook or instagram for more information. 150 Calvary Church Road, Wrightsville, PA. rain or shine.



NatureRX

September 28th at 10:00 AM

Join us for a renewing of your mind, body and spirit as we hike in beautiful Mount Gretna. 3283 Pinch Road, Lebanon, PA 17042

This is a gentle hike on paths suitable for any hiker. Please call our office for more information or to let us know you are coming. 717-533-0881



Friends and Family Night

Join us for a community gathering in our comfortable Farm Home located at 345 Witmer Road, Hershey.

A great way to connect with people of all ages around a potluck meal.

Bring a friend and a food dish to share. September 17th from 6:00 - 8pm. Call our office at 717-533-0881 if you have questions.

Check out our [Calendar](#):

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

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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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