



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



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Empowering people to learn to *LiveWell*.

## Be Part of the Solution

*Imagine what your community would look like if people who struggled with life's challenges were able to successfully heal from the pain that is deep inside them and live a full and meaningful life.*

It's likely that you know someone today who is struggling with Anxiety, depression, chronic pain, addiction, or has lost hope that their life can have purpose and joy. We often feel helpless to know how to support them, especially if everything they've tried to solve their issues has failed. At LivingWell Institute, we empower people to take responsibility for their health and actively participate in their journey to health in mind, and spirit. Our compassionate and experienced care team helps people find creative solutions through an individual discovery process of learning to live well.

**Today, you have the unique opportunity** to support people struggling with life's challenges to access a new path to health and wholeness by [donating](#) to LivingWell Institute ( 501c3 community health nonprofit) as part of a matching gift campaign that ends March 31st!

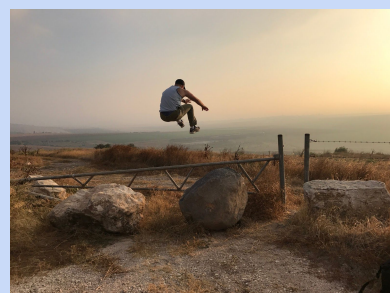
LivingWell Institute has taken a stand to help end the opioid crisis in PA and to be part of the solution. Nationally Pennsylvania has one of the highest rates of overdose deaths. And this health crisis has touched the lives of nearly every person in our community in some way. LivingWell Institute offers support for individuals and families struggling with addiction recovery. A recent LivingWell participant who has tried over 30 different treatment programs said this:

*"After years of depression, self-hatred, and anxiety, I've finally have been able to start seeing life in a more positive light. At LivingWell I was given insight into lives of people who have been successful and have found ways to live positive lives. They opened their hearts to me to allow an emotional connection that is neglected in other forms of treatment and care. Today when I walk, I hold my head high, eyes forward, moving slowly but steady towards a future beyond my wildest dreams."*

## Matching Gift Campaign Update

*Help people access support to make changes that will improve their quality of life and the health of our community.*

Thank you for supporting LivingWell's matching gift campaign. Together we have raised over half of our goal - will you consider donating to help us make this leap! Donate [here](#) by March 31st!



## Programs Offered

### *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.

### *Friends and Family Night*

Join us for one of these bi-monthly community gatherings 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, music, and games.

Bring a friend, a food dish to share and your favorite game.  
April **5**th and the**16**th from 6:30 - 8:30pm.  
Call our office at 717-533-0881 if you have questions.

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

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