



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

iLove



Our theme for the month of February is the month for iLove.

In order to give and receive love, we need to feel safe, secure, and without judgement. And we need to have the courage and freedom to express who we are with others.

Love can be as simple as a call to a friend or loved one, holding a soft bunny at the LivingWell Farm, or a random act of kindness for someone in need.

Be encouraged to extend love to yourself and to others to improve our health and well-being and build healthier communities!

DiscoverMe Recovery Program Open Clinic at LWI Mondays 4-6pm

Recovery is a journey, and many people have a difficult time finding a program that meets all of their complex needs.

DiscoverMe Recovery at LivingWell offers a creative solution to break through the barriers to sustaining recovery from addiction and well-being in a safe and compassionate environment.

Visit our office or schedule a call for a complimentary consultation with our Team and explore how our services can help on your path to recovery.



NatureRx "Bike Rodeo"!

Feb 13 10:30am



Join us for an adventure on bikes at Schiavoni Park in Hummelstown! This flat 3-mile loop along the Swatara Creek is a beautiful place to get fresh air, have fun riding bikes, and meet new people.

Please call our office to RSVP and to reserve a bike if you don't have one!

[Schiavoni Park](#)

In case of inclement weather - please check our Facebook page.

Check out our [Calendar](#):



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