

DECEMBER NEWSLETTER



THIS MONTH'S THEME: THE GIFT OF PRESENCE

EVENTS:

FRIENDS & FAMILY MEAL

DECEMBER 19TH 6-8 PM
@ LIVINGWELL FARM,
345 WITMER RD,
HERSHEY.

LIVE & LEARN

JOIN US EVERY TUESDAY, 12 -
1 PM @ OUR HERSHEY OFFICE.

3D BALANCE

DECEMBER 13TH 6-7PM @
HERSHEY OFFICE, 20 VALLEY
RD, HERSHEY

Join us for an evening filled with laughter, inspiration, and the celebration of 30 years of dedication to families in our community.

HOLIDAY CELEBRATION

DECEMBER 1ST 6-8PM
LIVINGWELL OFFICE,
20 VALLEY RD, HERSHEY PA



HERE AT LIVINGWELL INSTITUTE, OUR MISSION IS TO EMPOWER PEOPLE TO TAKE RESPONSIBILITY FOR THEIR HEALTH AND TO BE WELL IN BODY, MIND, AND SPIRIT. THE INSTITUTE HAS PROVIDED LIFESTYLE EDUCATION PROGRAMS, TRAINING, AND CARE TO FAMILIES IN THE COMMUNITY AND SURROUNDING AREAS FOR OVER 10 YEARS. IF YOU ARE WILLING TO DONATE TO HELP SUPPORT THOSE IN YOUR COMMUNITY PLEASE USE THE ATTACHED LINK

HAPPY HOLIDAYS

[DONATE HERE](#)