



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



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Empowering people to learn to *LiveWell*.

Community Hub

LivingWell Institute (LWI) has provided a place for our community to come together since it was founded in 2006 as a 501c3 community health organization. LWI has served hundreds of individuals and families with our innovative Whole Person Health approach to stress management, chronic disease and pain management. Our diverse team of care providers includes experts in mental, physical, and social/spiritual well-being. Included in this newsletter are a variety of ways you can become involved in our programs or events.

This month we are highlighting our summer picnic which will be held on August 17th. This picnic is held in honor of 'The Mayor of LivingWell - Bill Fritz'. We welcome everyone to come to the picnic and learn more about LivingWell Institute.

YOU ARE INVITED!
SATURDAY, AUGUST 17TH

Bill is inviting 100 of his closest friends out to the Koval's home to celebrate all that is creative and glorious with our world! We will partake in a scrumptious meal, listen to live music, and view local art all while chatting with old friends and making new ones.

5:00 pm
The Koval Homestead
234 Meadow Lane, Hershey, PA 17033

Please bring a chair, beverage to share, and your pocketbook. Bill will be auctioning a few of his original paintings to support our Community Programs at the LivingWell Institute.

RSVP: by August **9th**
to 717.533.0881 or info@livingwellinstitute.net

Welcome

Marie Hendricks, licensed massage therapist is returning to the LivingWellCare Team and will be available for Massages starting August 5th, 2019. Call 717.533.0881 to schedule your appointment.



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, August **2nd** at 7:00 - 8:30 PM to hear Kathy Memmi share her story titled: "The Spirit Within". Kathy has learned to shine amidst all of life's unforeseen challenges by not being afraid of doing the hard internal work. The next program will be held on August **16th** at 7:00 PM. Check our facebook or instagram for more information.

150 Calvary Church Road, Wrightsville, PA. rain or shine.



NatureRX

August 24th at 10:00

Join us for a renewing of your mind, body and spirit as we hike in beautiful Boyd Big Tree Preserve Conservation Area. 401 Fishing Creek Valley Road, Harrisburg. This is a gentle hike on paths and can be accomplished by most individuals. Please call our office for more information or to let us know you are coming.

717-533-0881

3D Balance

Wednesday at 6:00pm

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 students 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.



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 followed by an evening of indoor and outdoor games.

Bring a friend and a food dish to share. August **13th** from 6:00 - 8pm. Call our office at 717-533-0881 if you have questions.

Check out our [Calendar](#):

Follow us on :



August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30	31	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	31	1	2	3	4	5



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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