

# OCTOBER NEWSLETTER



THIS MONTH'S THEME: FINDING LIGHT IN DARKNESS....

## EVENTS:

### 3D BALANCE

October. 11th 6-7 pm  
October. 25th 6-7 pm

LivingWell Institute, 20 Valley Rd,  
Hershey

### LIVE & LEARN

Join us every Tuesday, 12 - 1  
pm @ our Hershey office.

### Fall Farm Festival

October 21st, 9am-12pm  
LivingWell Farm,  
345 Witmer Rd, Hershey

### LEARN MORE..

Don't miss out on our updates –  
subscribe through our website and  
be the first to receive exclusive  
insights right in your inbox.

Follow us @Livingwellinstitute for  
information on more community  
events!

## September Recap!

It was so nice to be able to be out  
in the country with my kids, just  
the environment alone makes me  
feel better and more comfortable.  
My kids and I loved being able to  
play with the animals and be  
around positive people doing fun  
things together."

- LivingWell Client

