



This four week whole person health experiential will walk people through our 7 Step Lifestyle Education Program. Participants will be exposed to licensed and professional providers in a therapeutic environment. Facilitated activities and interactive dialogue will equip individuals with tools and knowledge to achieve physical, mental, and emotional balance.

## SCHEDULE

**October 21st** - Creating a mindset of wholeness & balance

**October 28th** - Discover how purpose & passion influence well-being

**November 4th** - Perfect self-care & identify what resources work for you

**November 11th**- Finding your flow & keeping it fresh

All classes are held from 6:00pm- 8:00pm



This program is in partnership with the River Exchange. Sessions will be held at  
150 Calvary Church Road Wrightsville PA 17368

Fee for 4 week sessions \$150

