



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



Empowering people to learn to *LiveWell*.

"The Gift Inside"
December 6th 6:00-9:00 PM
Christmas Open House



Join us for our annual Christmas Open House. evening to celebrate with friends, food and a silent auction.

Call our office at 717-533-0881 if you have questions.

Live and Learn

Tuesday at 12:00 PM

Live and Learn is our weekly community program that provides an introduction to the seven steps of LivingWell through facilitated and interactive dialogue and activities. It's held weekly in the LivingWell Office.

3D Balance

Wednesday at 6:00 PM

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 participants are encouraged to sign up for 4 weeks to embrace a full transformational lifestyle change. \$15 per class/\$50 per month.



Community Recovery

December 3rd & 17th
6:00-8:00 PM

Community Recovery Gathering at the Farm (6-8pm). Join us for an evening of community support for anyone on the path to recovery. We'll make a "Group Soup" together in the kitchen - please bring any ingredient for a soup and we'll spend time interacting and cooking in the kitchen. Then we'll eat around the dinner table and share an inspiring program in a safe and loving space to explore how to find balance in mind, body, and spirit and learn to sustain recovery amidst life's challenges.



NatureRX

10:00 AM

Join us for a renewing of your mind, body and spirit as we hike in beautiful Mount Gretna. 3283 Pinch Road, Lebanon, PA 17042
This is a gentle hike on paths suitable for any hiker. Please check our Facebook page in case of inclement weather. Call our office for more information or to let us know you are coming. 717-533-0881

Check out our [Calendar](#):

November						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2	3	4	

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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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