



# Connect Through Music & Nature

*LiveWell Community  
Quarterly Retreat*

Sunday, October 23rd 2:00pm-4:00pm

Join us for an afternoon surrounded by nature at Wood Haven Retreat and Farm. Connect with other LiveWell members through music... bring your own instruments if you play or come and just listen and enjoy.

[WWW.LIFELINESOLUTIONSLLC.COM/RETREAT](http://WWW.LIFELINESOLUTIONSLLC.COM/RETREAT)