

[View this email in your browser](#)



A photo of some our staff, clients and families on a social outing to the apple orchard. We picked apples, went on a hay ride, ate treats and families got to know each other better!

Dear Friends of InControl,

It is so exciting to bring you the first edition of the InControl Newsletter! A place that you can be informed, hear about the fun things going on and ways that you can be a part of it! In this newsletter, we will aim to keep you informed about our mission, express our gratitude to our current sponsors, and invite new supporters to join us in making a difference in the lives of adults with disabilities.

About InControl

At InControl, we're dedicated to enhancing the well-being of adults with disabilities through one-on-one coaching in four key pillars of wellness: Physical, Nutrition, Emotional, and Social. We believe that a holistic approach to well-being can enhance the lives of our clients and empower them to lead fulfilling lives. Stay tuned for featured individuals in upcoming newsletters!

Expressing Our Gratitude

We would like to take a moment to thank our current sponsors for their invaluable support, enabling us to continue our mission and make an impact. Your generosity significantly improves the lives of those we serve. We also want to express our gratitude to the families of our clients for choosing us to work with your loved ones. It's an honor we deeply appreciate. Thank you for welcoming us into your lives.

Join Us in Making a Difference

There are several ways you can become a part of the InControl community and support our cause:

1. **Financial Support:** Your donation, no matter the size, directly benefits our clients. Your contributions cover all of the necessary session materials including monthly packets, workout equipment, and nutrition supplies. Plus we sponsor monthly social outings to foster community among our clients and their families. For tax deductible donations click here: <https://globalhz.org/incontrol/>
2. **Prayer Support:** Your prayers are a source of strength and encouragement for us. We deeply appreciate your prayers for the well-being of our clients, our coaches' guidance and the success of our entire team. Your prayers will be the cornerstone of our journey.

3. **Share Your Expertise:** If you have expertise in any wellness pillar or related field, we welcome your volunteer support. We're currently building advisory teams for each wellness pillar, and your experience is vital in shaping our programs. Whether it's in Physical, Nutrition or related fields within our Emotional/Social Wellness pillar please reach out!
4. **Spread the Word:** Help us raise awareness by sharing our mission with your friends, family, and colleagues. Follow us on social media and share our updates to expand our reach.

Contact Us

If you would like to get involved, have questions, or simply want to learn more about InControl, please don't hesitate to reach out to us at info@incontrolmn.com. Thank you for your support and dedication to the wellness of adults with disabilities. Together, we can make a lasting impact and empower individuals to lead healthier, happier lives.

Highlighting the Pillars of Wellness:



Physical Wellness

In physical wellness, InControl is dedicated to enhancing our clients strength, resilience, and overall physical health. Our dedicated coach crafts personalized workout routines for each client, addressing their unique needs and goals. This includes a well-rounded fitness plan, from strength training to flexibility exercises, tailored to their abilities. Regular physical activity empowers our clients with increased mobility, reduced pain, and greater independence.

Click the link below to learn more about this pillar in action!!

Learn more

Nutrition

At InControl, we recognize nutrition as vital for well-being. Our dedicated coach educates clients about balanced diets and healthy choices. Personalized meal plans and cooking lessons develop practical skills for nutritious meals, tailored to dietary needs. Prioritizing nutrition empowers clients to control their health, boosting energy and overall well-being.

Click the link below to learn more about this pillar in action!!

Learn more



Social/Emotional

At InControl, we deeply care about our clients' emotional and social well-being. We create customized programs to meet their unique needs, using a specific monthly theme as a starting point. We then dig deep into how this theme can help individuals grow emotionally and improve their social interactions. We've explored topics like dealing with worries, managing anxiety, facing fears, taking responsibility, showing empathy, practicing patience, and developing self-control. Through these personalized programs, we help our clients better understand and manage their emotions, allowing them to thrive in various social situations. We believe that strong social connections are key to a fulfilling life, and our coaches actively support clients in building meaningful relationships and gaining confidence in social settings. This enriches their lives and helps them lead happier, more fulfilling lives.

Click the link below to learn more about these pillars in action!!

Learn more



*Some of our coaches and executive staff pictured here.
Click our photo to learn more about each of us!*



Copyright (C) 2023 InControlMN All rights reserved. incontrolmn.com

Mailing address for donations:

InControl, PO Box 64059, Eagan, MN 55164-0059