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March 2025 Newsletter

Welcome to March at [InControl!](#)

Can you believe we're already stepping into March? February may have been short, but it was packed with exciting moments! This month, we're bringing you a recap of last month's events, welcoming a new social/emotional coach to our team, and sharing details about upcoming resource fairs and opportunities for families to get involved. There's always something happening at InControl, and we love keeping you in the loop! Stay tuned for all the latest updates, and as always, thank you for being part of our incredible community!

Program Updates

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NEW PARTNERSHIP



We are excited to share that InControl has partnered with Union Fitness in Eagan to expand opportunities for our clients! This partnership allows us to offer more movement-based sessions with full access to gym equipment in a private and supportive environment.

Some time in April we will be setting up a time for families to come in and tour the facilities to stay tuned for more details! We are so excited for this partnership and to show you the space soon!

New Staff Hire!

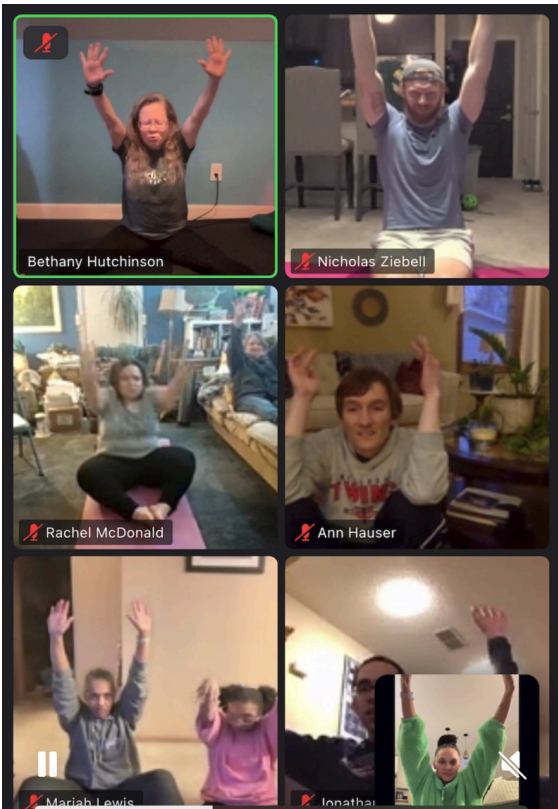
We're thrilled to welcome Curtis Wilson to the InControl coaching team this month! Curtis is joining us as part of the social/emotional wellness team.

Curtis brings a wealth of experience in integrative health coaching, mind-body medicine, and so much more. As a *National Board-Certified Health & Wellness Coach (NBC-HWC)* and a fluent Spanish speaker, he is passionate about guiding individuals toward personal growth and emotional well-being.

With a background in curriculum development, group facilitation, and conflict resolution, he has helped individuals of all abilities build confidence, resilience, and healthier mindsets. His experience working with adults with disabilities, coaching basketball at group homes, and developing holistic wellness programs makes him a perfect fit for our community.

Curtis is excited to meet our clients and families, and you can get to know him at a **Virtual Meet & Greet on Wednesday, March 5th, from 12–1 PM**. We hope you'll join us in welcoming him to the team! [Here's the link to join!](#)

Last Month's Events!



Virtual Yoga Class

We had an amazing time during our virtual yoga session last month! It was wonderful to see clients and coaches come together for an evening of relaxation and movement. A huge thank you to our Physical Wellness coaches for organizing this event, and a special shoutout to Bethany Hutchinson from [Mind Body Solutions](#) for guiding us through such a calming and rejuvenating experience!



Find Love Safely

We had an amazing time at the [Find Love Safely](#) Speed Dating event! It was such a joy to meet all the participants, see some of our very own clients, and help make the event a success. From assisting with the event to enjoying delicious snacks (including a chocolate fountain!), the evening was filled with fun, connection, and excitement. We're so grateful to Katherine for inviting us to partner with her and her wonderful organization—we loved being part of such a meaningful initiative!

Resources and Tips



InControl needs YOU!

We want to create more opportunities for parents to connect, share experiences, and have a voice in shaping InControl's future. If any of these opportunities sound like something you would be interested in please reach out!

- **A Parent Advisory Group** (5-6 parents) to give feedback on programs, policies, and ideas. This group would meet virtually once a quarter.
- **A Parent Welcome Committee** (1-2 parents) to help new families feel at home when they join InControl.
- **A Private Facebook Group**

Send us an email at:
info@incontrolmn.com



Wash your hands
often with soap and
water for at least
20 seconds

As we are in the middle of cold and flu season, here's a friendly reminder to keep washing those hands! Regular hand washing is one of the best ways to protect yourself and others from getting sick. Keep it simple: soap, water, and 20 seconds of scrubbing can go a long way in staying healthy this season! Also if you are sick here's a friendly reminder to please cancel your sessions and our team of coaches will do the same!

Upcoming Events



Resource Fair Season!

We are heading into Resource Fair season!! We love getting to share what we do with more people in the community.

Here are the Resource Fairs we plan to be at:

MSSA Conference 3/26-3/27

(Mpls Convention Center)

Career and Resource Fair 4/17-

(Minneapolis Transition School)

AUSM Conference 4/17-4/18

Reality Store Resource Fair 4/24-

(DCTC)

Please let us know if you hear of any other fairs you think we should be at and if you plan to attend any listed above come say hello to us!!

InControl Recipe of the Month

Smoothie Bowls



Ingredients:

Berryful banana:

- ½ cup frozen berry mix
- 4-6 fresh berries (of your choice)
- 1 banana sliced
- ½ cup vanilla greek yogurt
- 1 cup low fat cottage cheese
- 1 tablespoon honey
- ¼ cup almond milk
- Granola (optional)

Chocolate Peanut butter banana

- 1 cup low fat cottage cheese
- 1/2 cup vanilla greek yogurt
- ¼ cup almond milk
- 1 banana sliced
- 1 tablespoon honey
- 1 tablespoon peanut butter
- 2 tablespoons cocoa powder
- Granola (optional)

Equipment:

- Blender
- Knife
- Cutting board
- Scraper
- Measuring spoons
- Measuring cups
- Meal prep bowls (2 per recipe)

Directions:

1. Using your cutting board and knife chop your banana and berries in slices and set them aside.
2. In your blender add your cottage cheese, yogurt, honey, almond milk, half your banana and fruit until smooth. (if making the chocolate banana add in the peanut butter and cocoa powder instead of the fruit)
3. Split your mixture into your 2 meal prep containers.
4. Top each smoothie bowl with your berries, banana, granola and drizzle of honey.

Additional information:

- ★ Store in the freezer for up to 3 months
- ★ Allow to soften in the fridge for a few hours before eating if taking them out of the freezer.
- ★ Other toppings would be coconut flakes, chocolate chips, pecans, walnuts, peanuts, chia seeds and cereal bits.
- ★ Use your favorite combination of fruits for this. The base of the recipe is always, cottage cheese, yogurt, almond milk and honey.
- ★ Prep time 5 minutes, mixing time 5 minutes total time 10-15 minutes per recipe.

How can you support InControl?

1. Word of Mouth Referrals!

How to refer? Sign up for an info meeting here

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2. Comment on and share our posts on social media

3. Financial Support: Your donation, no matter the size, directly benefits our clients. For tax deductible donations click the link below:

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