

# InControl

## November 2025 Newsletter

### Hello, November!

As the days get shorter and the air turns crisp, we can't help but reflect on all that we're grateful for—especially our amazing InControl community! This season is all about connection, gratitude, and taking time to care for ourselves and others. We've got lots of exciting updates to share this month, from fun fall activities to new opportunities for growth and wellness. Grab a warm drink, get cozy, and see what's been happening here at InControl!

## Program Updates

### Apple Orchard Fun!

A huge thank-you to everyone who joined us at the apple orchard this year! Even with the date change, we had such a wonderful morning together—picking apples, sharing laughs, and enjoying the crisp fall air. We're so grateful to all the families who were able to make it and spend the day with us. For those who couldn't join, we missed you and hope to see you at future events!

Enjoy these photos and click this link to save the ones you'd like from the day! Thank you for helping make this such a special and memorable day with our InControl community.

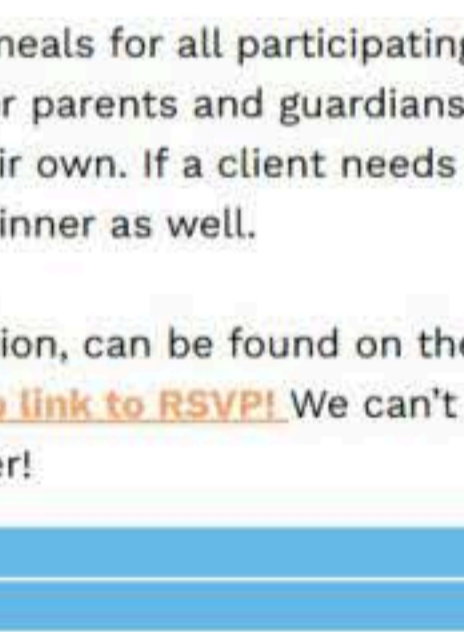


## InControl Dining Experience

MONDAY DECEMBER 1<sup>st</sup>, 2025

Join us on December 1<sup>st</sup> from 5:30-7:30 at the Bloomington Event Center to practice table etiquette, good conversations and ordering healthy options at a restaurant!

Bloomington Event Center  
104 American Blvd W  
Bloomington MN 55420



### Join Us for Our "Eating Out" Event!

We're so excited to invite our clients to our special InControl Dining Experience on Monday December 1st! This will be a great opportunity for clients to practice table etiquette, enjoy good conversation, and make healthy meal choices while dining together.

InControl will be covering the cost of meals for all participating InControl clients. This can be a drop-off event, or parents and guardians are welcome to relax onsite and enjoy a meal of their own. If a client needs support, guardians are encouraged to join the dinner as well.

All event details, including the location, can be found on the flyer above — and don't forget to [click the sign-up link to RSVP!](#) We can't wait to enjoy this fun and meaningful outing together!

## New Coach Spotlight

### Meet Nate Siems!



Nate is passionate about helping people rediscover their strength, build confidence, and live life on their own terms. With years of experience coaching individuals of all abilities, Nate brings a unique mix of compassion, expertise, and encouragement to every session.

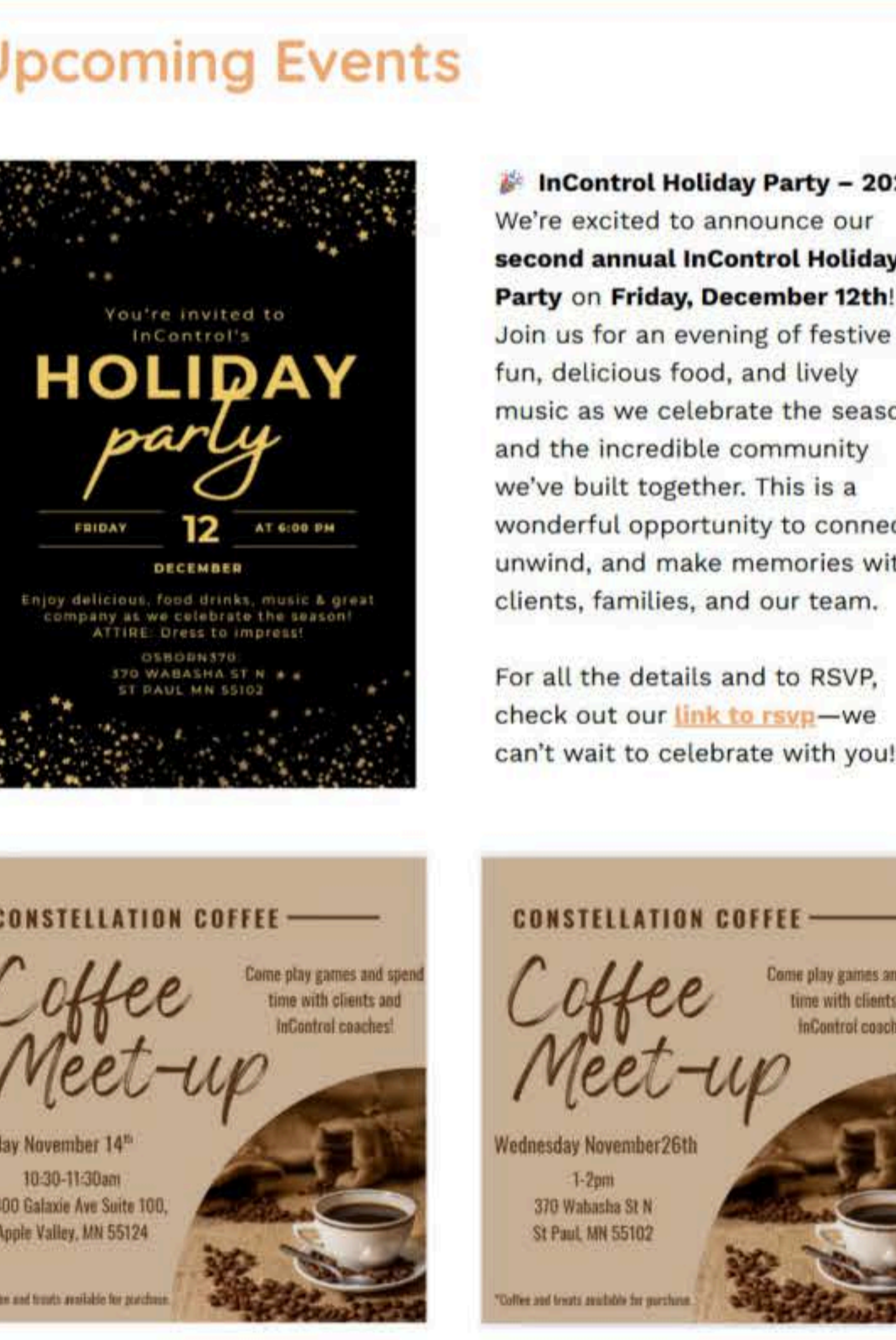
His journey began with a deep desire to help those who feel overlooked by traditional fitness, such as people navigating pain, aging, or uncertainty about where to start. Nate's approach to health and wellness is simple and effective.

Outside of coaching, Nate loves reading books, exercise of all types, and journaling while drinking a cappuccino. He loves international travel with his wife (and future adventures with his 5 month old son), playing sports, or spending Friday night watching a great movie and eating pepperoni pizza. These passions are part of his belief that wellness extends beyond the gym, because wellness is also about growth and connection in every part of life.

## HELP US IMPROVE! WE WANT YOUR FEEDBACK

Do you love being part of the InControl community? One of the best ways to support our mission is by leaving a review on Google! Your feedback helps others learn about who we are, what we do, and how we can be even better every day. Click to leave a review and let others know what makes InControl so special. Thank you for helping us grow!

## Birthday Celebrations!



## Upcoming Events



### InControl Holiday Party – 2025!

We're excited to announce our second annual InControl Holiday Party on Friday, December 12th! Join us for an evening of festive fun, delicious food, and lively music as we celebrate the season and the incredible community we've built together. This is a wonderful opportunity to connect, unwind, and make memories with clients, families, and our team.

For all the details and to RSVP, check out our [link to rsvp](#)—we can't wait to celebrate with you!



2025/2026 Calendar with monthly event listings for InControl Events.

## Resources and Tips

MY PATH PROGRAMS: Career Dives, Ready to Work, Road Ready, Improving You, and Grow.

GAIN CASH REGISTER SKILLS FOR A JOB! CASHIERS FOR CHANGE MY PATH MN.

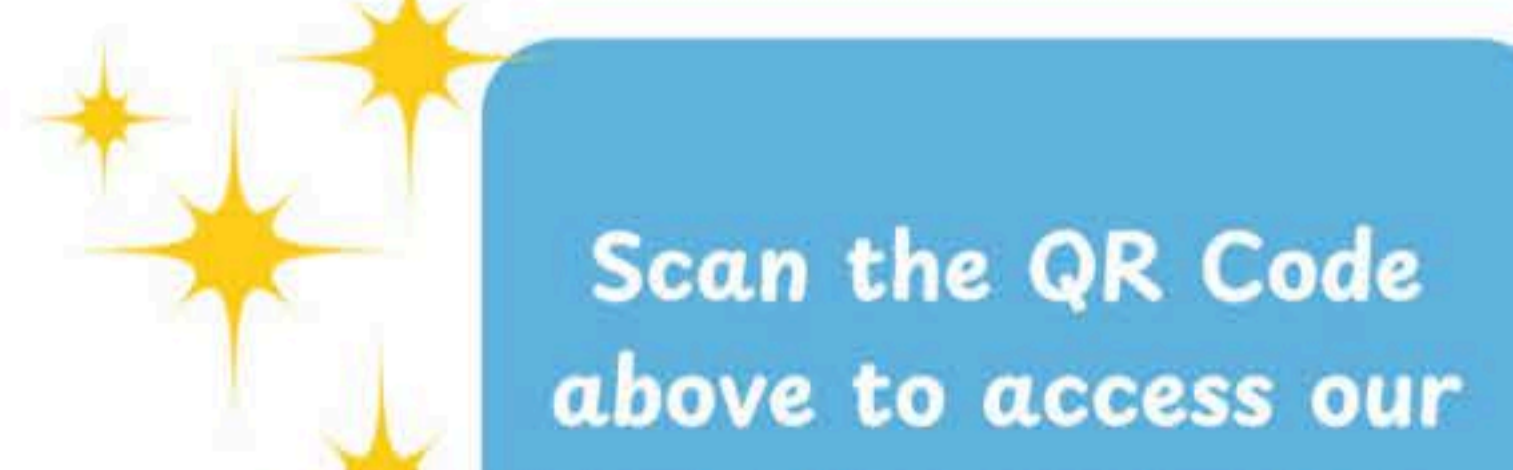
ABOUT THE COURSE: Register here for the Cash Register Skills course.

## InControl Recipe of the Month

### Chicken Tenders

- Ingredients: 6 chicken tenders, 2 teaspoons ranch seasoning, 2 tablespoons olive oil, 2 potatoes, 1 bunch of broccoli, Salt and pepper to taste.
- Equipment: Cutting board, Knife, Sheet pan, Parchment paper, Skillet, Spatula or tongs, Bowl (used to season the chicken if not in a bag), Small spoon to mix.

- Directions: 1. Preheat the oven to 425 degrees. 2. Scrub your potatoes thoroughly... 3. Using your cutting board and knife to chop your potatoes into french fries... 4. Place your chopped potatoes onto the baking sheet lined with parchment paper... 5. Cook in the oven for 20 minutes. 6. While the potatoes are cooking chop your broccoli and set them aside. 7. In your bowl (or bag) add your chicken tenders, 1 tablespoons of olive oil and 2 teaspoons of ranch seasoning... 8. Using your skillet over medium heat add your chicken and cook on one side for approx 6 minutes... 9. When the 20 minutes are done on the potatoes using your spatula to mix them up and make room to add the broccoli. Bake for another 10 minutes. 10. Remove potatoes and broccoli from the oven and divide into 3 containers. 11. Add 2 chicken tenders to each container.



### Recipes



Scan the QR Code above to access our catalog of recipes!

## How can you support InControl?

- 1. Word of Mouth Referrals! How to refer? Sign up for an info meeting here.

Click For Info Meeting

- 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:

Click Here to Donate

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