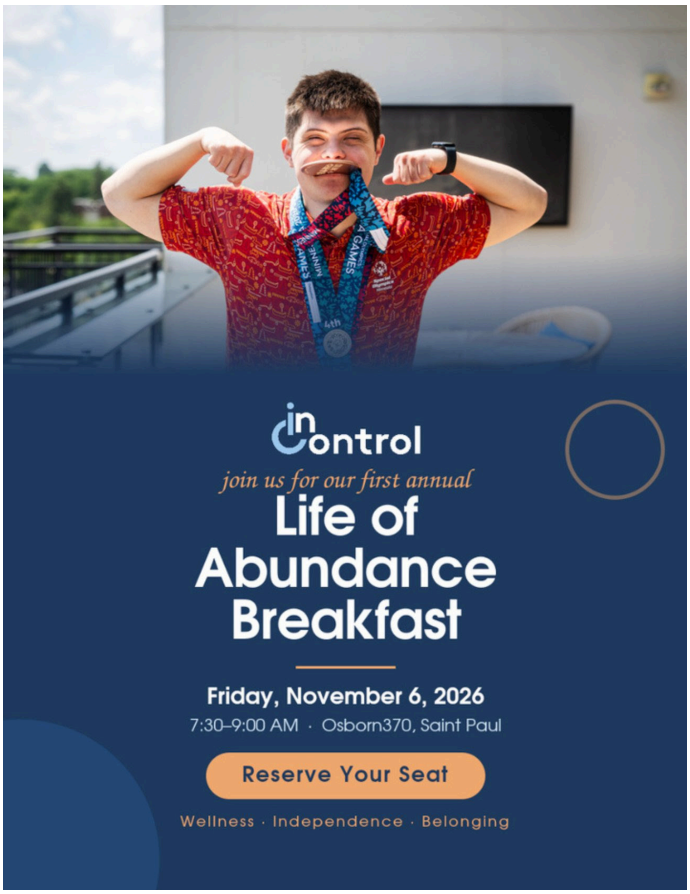
View this email in your browser

What does a Life of Abundance look like?



At InControl, we believe adults with disabilities deserve more than having their basic needs met.

They deserve to feel strong, to have choices, to build relationships, to feel confident and independent.

To experience joy, belonging, purpose, and a life that feels FULL.

That is what a **Life of Abundance** means to us.

And on Friday, November 6, we're bringing our community together for a very special morning to celebrate that belief and help us continue building it.

Join us for InControl's first annual Life of Abundance Breakfast

🗓️ **Friday, November 6, 2026**
⏱️ **7:30–9:00 AM**
📍 **Osborn370, 370 Wabasha Street North, Saint Paul, MN 55102**

This breakfast is an opportunity to come together with the clients, families, partners, businesses, and community members who believe in what we believe: **wellness is the foundation, and abundance is what grows from it.**

Through InControl's coaching, we focus on physical wellness, nutrition, and social emotional wellbeing because we've seen what can happen when someone has the right support around them.

Confidence grows.

Independence grows.

Connection grows.

And little by little, a whole life begins to change.

We cannot do this work alone.

Every person who joins us for this breakfast becomes part of helping us build a Minnesota where adults with disabilities have the opportunity not just to get by, but to truly LIVE.

Whether you join us individually, bring a table of colleagues and friends, or support the morning as a sponsor, **we would love to have you in the room.**
Breakfast is included, and seating is limited.

November will be here before we know it, and we cannot wait to share this morning with you.

Let's build a Life of Abundance. Together.

GET YOUR TICKETS NOW

NEXT STEPS

STAY CONNECTED

Sign Up for a FREE Wellness Consultation!

We would love to share more about our program and see if we can be a great fit for you or someone you know! You can access the calendar directly by clicking below or contact us directly at info@incontrolmn.com

Book a Free Wellness Consultation!

How can you support InControl?

1. Know someone who might benefit from InControl? Feel free to share this newsletter and invite them to schedule a free Wellness Consultation to learn more and see if our program is a good fit.
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!

If you were sent this newsletter from someone and want to begin receiving it yourself every 1st of the month sign up below:

Subscribe!

Copyright (C) 2026 InControlMN. All rights reserved. *incontrolmn.com*

Our mailing address for donations is:

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