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September 2026 Newsletter

Hello September! 🍎

August was FULL in the best possible way.

From team moments and community outings to celebrating our clients and everything that makes InControl special, the past month was a great reminder that wellness is about more than checking a box.

It's joy. Connection. Trying something new. And being surrounded by people who believe in what's possible.

Now we're carrying that energy into September, with even more opportunities to connect, have some FUN, and build a life of abundance together.

Program Updates

Celebrating Bennett!

Big congratulations to **Bennett on becoming a Certified Inclusive Coach!**

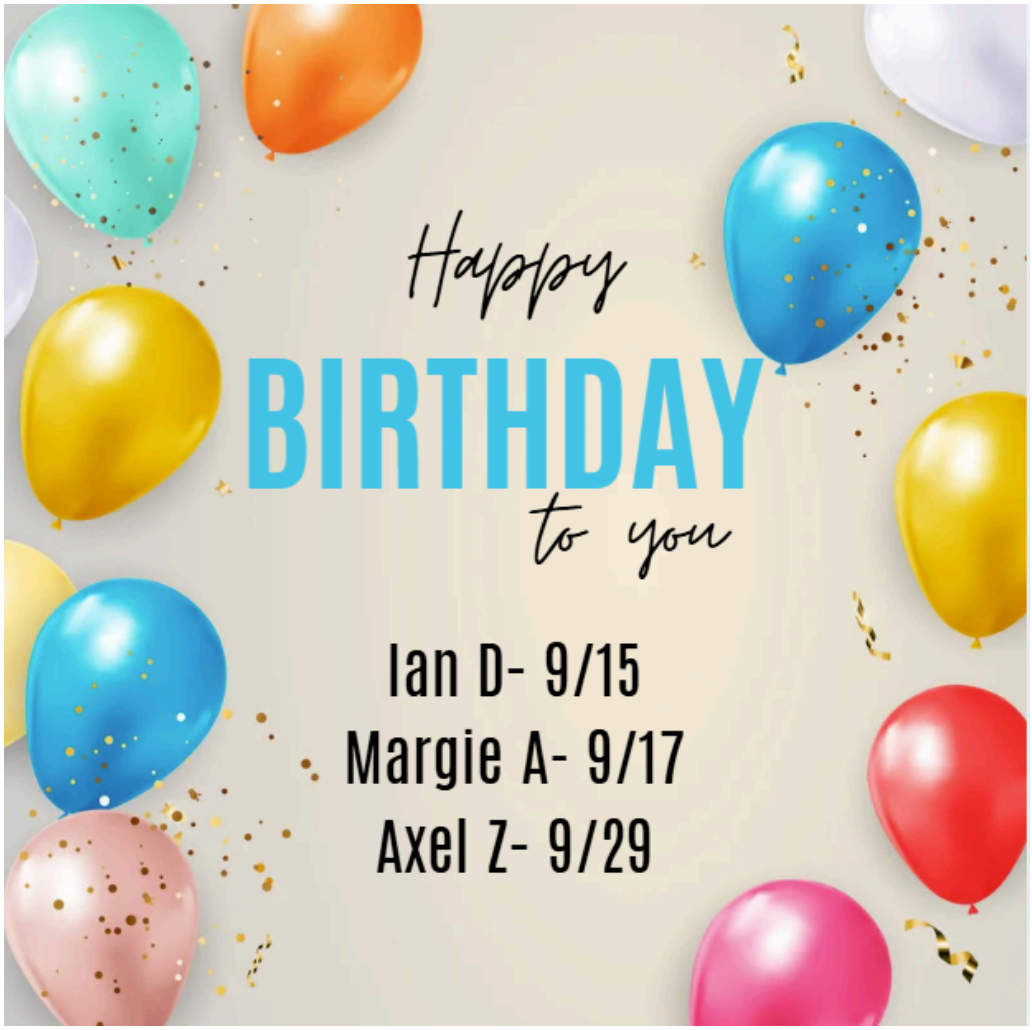
We love seeing our team continue to learn, grow, and find new ways to make wellness more inclusive and accessible for everyone.

We're proud of you, Bennett! 💪

This is Bennett
Certified
INCLUSIVE COACH!

Resources and Tips

Birthday Celebrations



Upcoming Events

Coffee Meet-up

Come play games and spend time with clients and InControl coaches!

Friday September 18th 2026

Caribou Coffee
10:30-11:30am
4745 Cedar Ave S,
Minneapolis, MN 55407

*Coffee and treats available for purchase.

SAVE THE DATE
Apple Picking
INCONTROL OUTING
Come pick some apples and have a good time with us! Bring your families!
SEPTEMBER 26, 2026
11am to 1pm
Venue: Applewood Orchard
22702 Hamburg Ave, Lakeville, MN 55044

InControl Recipe of the Month

Pinwheels

Equipment

- Large bowl
- Cutting board
- Knife
- Measuring Cup (¼ cup, ½ cup)
- Measuring spoons (1 tablespoon, ½ teaspoon)
- Mixing spoon
- Knife to spread
- Container for storage

Ingredients

- 1 carrots diced
- ¼ pepper diced
- ½ cup spinach
- 4 oz Cream cheese softened
- ¼ cup shredded cheddar
- 2 tablespoons bacon bits
- 3 slices Turkey or ham chopped
- ½ teaspoon ranch dressing mix
- 2 tablespoons Fresh parsley chopped
- ¼ cup plain greek yogurt
- 4 Tortillas

Directions:

1. Wash all your veggies
2. Using your cutting board and knife finely chop your carrots, pepper, spinach and fresh parsley.
3. In your large bowl mix your soft cream cheese and yogurt together.
4. In your bowl add your ranch, shredded cheese and bacon.
5. Add your chopped veggies into your bowl and mix until well combined.
6. Lay out your tortilla and spread your cheese veggies mix on the whole tortilla.
7. Add one ham or turkey slice on top of your tortilla.
8. Roll up your tortilla and place seam side down on a plate or dish.
9. Repeat with the other 3 tortillas
10. Place in the fridge for 20 minutes before slicing into servings.

Recipes

YAY!

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

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!

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