

Inside Lifestone



Valentine's Day

Valentine's Day is a day to celebrate those who we spend time with or around us. That's why on this Valentine's Day our Lifestone family spent it together with food, drinks, fun games, and prizes, spreading the love and joy of Valentine's Day to all.



Coffee Shop Adventures

A handful of our caregivers and clients had a blast at a local coffee shop. A cup of coffee is always delightful, but pairing it with the company of each other made it even more special.



A Sweet Tradition

At the height of our weeks, it's important to remember to slow down and take a break. This is why on Wednesdays we enjoy a sweet treat perfect for a side of chatting. This tradition is one to look forward to week after week.



BIPOC Business Showcase

Lifestone was a sponsor at the 4th Annual BIPOC Business Showcase. Connecting with other businesses and community leaders was both enriching and inspiring. What a fantastic event!



What a Surprise!

Our facility is incredibly grateful for the generous donation from Girl Scout Service Unit 7! Their contribution of beautiful blankets, bedding, Girls Scout cookies, and handcrafted Valentine's Day Cards for our clients warmed our hearts.



Baby Shower

Our team alongside our cherished clients showered one of our very own caregivers with love and well wishes as she prepared to welcome her baby girl into the world. What a wonderful addition to the Lifestone family.



Women's Heart Health

Earlier this month, our team wore shades of red to raise awareness for National Wear Red Day. Cardiovascular disease is the leading cause of death in women, so we wore red to support, spread awareness, and encourage others to prioritize heart health.

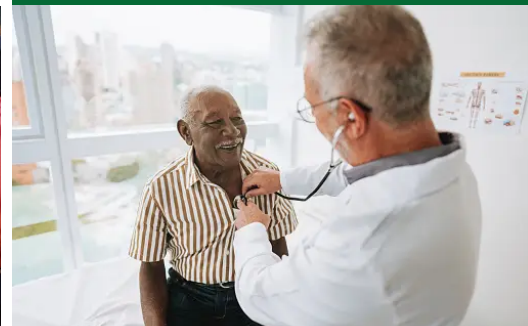


Cardiovascular Health Month

February is a month for many national health observances including heart health. Here are some tips for preventing heart-related diseases:

- Eat a heart-healthy, balanced diet avoiding food that contains saturated fats
- Aim for about 30-60 minutes of physical activity daily
- Manage stress levels
- Lastly, be sure to receive regular screening tests

Our heart is what keeps us going every day, so it's important to make sure it stays healthy!



Session Priorities 2024

Lifestone was represented at Session Priorities 2024 hosted by the Minnesota Chamber! Businesses and elected officials were brought together from across the state. What an opportunity!



Coloring

Easter is right around the corner. This means setting up the themed decorations and redecorating our fireplace. We had a peaceful morning coloring as creativity radiated in our artwork.

