

Inside Lifestone



The Art of the Perfect Shot

Sometimes, we take a moment to have fun together, stepping away from our routines to test our precision. This time, we took turns aiming for the hoop, each shot filled with excitement and friendly competition. These special moments are always worth it.



Celebrating Diversity and Entrepreneurship

Lifestone Health Care was delighted to be a sponsor of the Northland BIPOC Business Showcase! Supporting an event where over 50 diverse businesses came together to connect, inspire, and thrive was truly an honor.



Giving Back Through Reading

At Lifestone, we believe in giving back to our community. One of our employees recently read to elementary school students, bringing joy through storytelling. She also signed bookmarks, leaving a special keepsake to inspire their love for reading.



Valentine's Day

We celebrated Valentine's Day in our pink and red! We embraced love and friendship and toasted to joy and kindness. May everyone's hearts be filled with love and laughter.



St. Louis County Days

Our President and Vice President were at the St. Louis County days at the Capitol, an annual event by the Duluth Area Chamber of Commerce to advocate for the needs of our region. Our President serves as the Board Chair at the Duluth Chamber. Together we are shaping a stronger future.



Heart Health

February was American Heart Health Month. This is a time when all people are encouraged to focus on their cardiovascular health. Here are some facts:

- Heart disease is the leading cause of death in the U.S.
- High blood pressure, a major risk factor for heart disease, affects nearly half of U.S. adults.
- Heart disease is costly, with healthcare expenses and lost productivity totaling \$252.2 billion.

It is important to learn about your health and take proactive steps to prevent diseases like heart disease. Earlier this month, we wore red on National Wear Red day to stand together in support of heart health awareness.

Reach for the Stretch

Our clients practiced stretching to improve flexibility, reduce stiffness, and boost well-being. A little movement goes a long way!



February Celebrants

February was a month of birthday celebrations at Lifestone. We honored two valued members, Amy and Laurie, as well as our President Dr. Chiamaka. Their dedication and compassion make a difference every day.

