

Inside Lifestone

(218) 481-7306



Happy Halloween

The Halloween Party was a blast at Lifestone! We had fun decorating cookies, enjoying games, and of course, treats! Some of our favorite costumes were the Gypsy, Spider Witch, Pumpkin, and Spider Princess!



Roasting S'mores

Earlier this month, we gathered in our studio, roasting marshmallows over the fire and enjoying warm conversations. Sweet treats and good company, the Lifestone way.



Honoring Leadership

Our President, Dr. Chiamaka Enemuoh, concluded her term as Board Chair at the Chamber's 155th Annual Meeting, making history as the first person of color to serve in the role. It was such a meaningful night. We look forward to seeing her continue to inspire and lead in new ways.



Fall Harvest

We have been soaking up every bit of this beautiful fall season. Harvesting the fruits of our labor. These fruits and vegetables are making so many delicious meals.





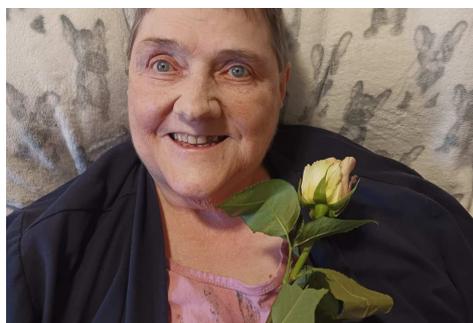
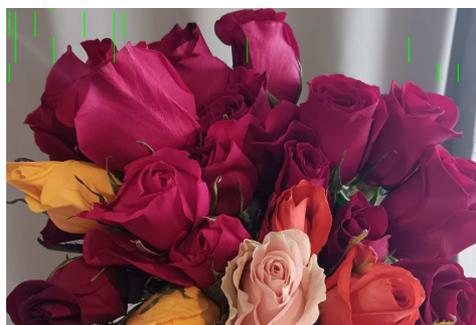
Stretch, Reach, Raise, Repeat!

Our clients enjoy upper and lower body movements that keep joints flexible and spirits lifted.



Care in Action

Our team and clients enjoyed the lovely roses from our local Rotary Club of Duluth #25 received as part of our support for community activities, youth projects, and scholarships. Gratitude for initiatives that spread care and love in every direction.



Sweet and Savory

Teamwork makes the sweetest treats! We love baking together at Lifestone. From start to finish, there's nothing like fresh, warm chocolate chip cookies right out of the oven.



Cozy Nights and Friendly Competition

There are so many ways we love to spend our evenings! For example, we've had cozy movie nights watching Little, and other times we've brought out our competitive side with games of Yahtzee. There's never a dull moment at Lifestone!



Breast Cancer Awareness

We joined millions across the world in raising awareness for breast cancer. Did you know that 1 in 8 women will be diagnosed with breast cancer in the United States, and that there are currently over 4 million breast cancer survivors in the country?

It's important for breast cancer to be caught in its earliest stages, so be proactive by:

- Scheduling regular mammograms.
 - Talking to your healthcare provider about your family history and risk factors.
 - Maintaining a healthy lifestyle through balanced nutrition and regular exercise.
 - Staying informed about signs and symptoms to look out for.
- For more information and resources, visit the American Cancer Society at cancer.org/breast-cancer.

