

# Inside Lifestone

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## Sweet Creations

Our baking journey continued this month with everything from brownies to oatmeal banana cookies. So many wholesome and delicious treats!



## Bean Bag Showdown

Winter or not, we keep moving! Our indoor bean bag toss brought out friendly competition and everyone's best throws.



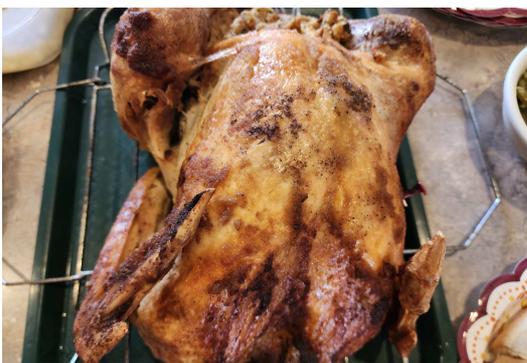
## Thanksgiving

We hope everyone had a wonderful Thanksgiving. Our season was filled with joy, capped off by a delicious Thanksgiving lunch prepared by staff. We shared our gratitude and are thankful for each other and for you.



## Empowering Leadership

Our Lifestone team attended the Women in Leadership Conference, where our President, Dr. Chiamaka Enemuoh, served as the local keynote speaker.





**Strength Training**  
Strength training is one of the best ways to stay active, steady, and strong. At Lifestone, we celebrate every step toward stronger living.



## Coloring Together

Sometimes joy is found in the simplest moments, like coloring together, sharing laughter, and letting creativity lead the way. It gave us a chance to slow down, relax, and enjoy meaningful time with one another.



## Get-Together With Friends

Our get-together with our community friends filled our home with joy. We're grateful for the connection they bring each time they stop by. Moments like these reminds us why community matters.



## Our Elf on the Shelf is Back

Tinsel is back from the North Pole, bringing on the holiday cheers! We've already had some fun moments this year as he's been up to several mischiefs. Let's see what he gets into this holiday season!



## Diabetes Awareness

November was recognized as National Diabetes Month. Diabetes is a disease that occurs when a person's blood sugar becomes too high, and it affects about 38 million Americans. Type 2 diabetes is the form that typically develops over time. Here are some ways to help prevent it:

- Maintain a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Limit sugary drinks and highly processed foods.
- Aim for at least 30 minutes of movement most days.
- Manage stress and get adequate sleep.

Remember to get regular check-ups and monitor your blood sugar levels if you're at risk.

