



Lifeworks

*SERVING OUR COMMUNITY AND PEOPLE WITH DISABILITIES
AS WE LIVE AND WORK TOGETHER*

On the cover: Aubrey Forsline creates her next masterpiece with clay at Lifeworks art program.

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Alternative formats of this brochure are available upon request by contacting our TTY: 866-454-2732.

**DAY
SERVICES**

PUTTING INCLUSION,
COMMUNITY, AND
EMPOWERMENT
INTO PRACTICE.

Lifeworks



CREATE YOUR EXPERIENCE & BUILD COMMUNITY CONNECTIONS

Lifeworks encourages individuals with disabilities to explore interests and accomplish goals through hands-on learning – all while receiving the highest quality of care.

We provide services throughout the Twin Cities and greater Mankato area with locations in Apple Valley, Brooklyn Park, Eagan, and Mankato.

Lifeworks believes that lifelong learning and personalized support are important aspects of anyone's life. That's why we offer innovative programs that are customized to meet individual needs and build community connections.

Offerings Include:

- Art Studios
- Bands and Choirs
- Community Skill Building
- Music Therapy
- Multi-Sensory Environments
- Technology Labs
- Volunteer Opportunities



ART STUDIOS

Lifeworks believes in the importance of creative expression and collaboration. That's why we have artists on staff. Program participants can discover new talents and create masterpieces while building lasting relationships.



COMMUNITY ENGAGEMENT

Community Skill Building
Lifeworks Community Skill Building program helps people set goals and develop skills to enrich their everyday lives. Activities such as garden tours, museum visits, and gym workouts happen in the community and with the help of friendly Lifeworks staff.

Self-Advocacy
Lifeworks knows that the voices of the people we serve matter. We foster self-advocacy through visits to the state capitol, meetings with legislators, and updates on policies.

Volunteer Opportunites
Lifeworks provides Day Services participants with opportunities to give back to their communities and build relationships by donating their time.



WANT TO LEARN MORE?

Get started with
Lifeworks Day Services:

651-365-3773
lifeworks.org/day-services

MUSIC THERAPY & GROUPS

Lifeworks board-certified, music therapists can help improve health and wellness. From adaptive choirs and rock bands to in-depth, one-on-one sessions, Lifeworks offers a wide range of music therapy options that meet each person's interests, skills, and goals.

