



FamilyMeans
CAREGIVING & AGING

Welcome Mat Wellness

Designed for people aging in place, caregivers, and care receivers.

Guiding you towards wellness in your home!



Work with an expert FamilyMeans Caregiving & Aging staff member to:

- Complete a guided assessment which will help to establish goals and priorities
- Find resources that are the best fit for you
- Select and start a movement/health class
- If needed, receive technical training, equipment, and supplies at no cost

This staff member will support you as you age in place!
We are here to provide encouragement, guidance, and reminders
throughout your wellness journey.

**For more information contact Heidi at
hricks@familymeans.org or 651-789-4017**

This project funded in part by the Minnesota Department of Human Services Live Well at Home Grant