

FOR IMMEDIATE RELEASE

Life Unlimited Expands My Day Program to St. Joseph, Strengthening Services in Northwest Missouri

St. Joseph, MO — Life Unlimited is proud to announce the upcoming opening of **My Day St. Joseph**, a community-based day program designed to provide adults with disabilities meaningful opportunities for skill development, connection, and personal growth.

Scheduled to open in March 2026 (Grand Opening date to be announced), My Day St. Joseph will offer structured programming that promotes independence, social engagement, and community integration for individuals across St. Joseph and the surrounding Northwest Missouri region.

“My Day is built around the belief that every person deserves a day filled with purpose, connection, and opportunity,” said Julie Edlund, CEO of Life Unlimited. “As we continue growing in Northwest Missouri, we are committed to ensuring individuals and families have access to high-quality, person-centered services close to home.”

The expansion reflects Life Unlimited’s continued investment in the region following its 2024 merger with MERIL (Midland Empire Resources for Independent Living). The merger strengthened services throughout Northwest Missouri and reaffirmed Life Unlimited’s long-term commitment to the St. Joseph community.

“This program represents an exciting next step for our region,” said Christy McGuire, Vice President of Community Programs – Northwest Missouri. “Families have been asking for expanded day services, and we are thrilled to provide a welcoming, engaging space where individuals can build skills, foster friendships, and be fully connected to their community.”

My Day St. Joseph will offer individualized programming focused on life skills, employment readiness, recreation, volunteerism, and community involvement. The program is designed to meet individuals where they are and support them in achieving their personal goals.

Life Unlimited currently provides services across the Kansas City metro and Northwest Missouri, including Community Living, Consumer Directed Services, ABA services, employment supports, and multiple My Day locations. The addition of My Day St. Joseph underscores the organization’s continued growth and dedication to accessible, high-quality programming.

Additional details, including grand opening information and enrollment availability, will be announced in the coming weeks.

For more information or to inquire about enrollment, contact Intake@luinc.org or visit www.LifeUnlimitedInc.org.

Media Contact:

Emily Morgan

Vice President of External Relations

Life Unlimited

emorgan@luinc.org | 319-321-0042

www.LifeUnlimitedInc.org