



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

July 23, 2025



Taming the Back-to-School Routines

Brought to you by Premise Health

When: Thursday, August 7, 2025 - 12:00 - 1:00 p.m.

Location: Webinar

Does the thought of back to school bring with it the dread of planning breakfasts, lunches, and dinners around busy schedules? Learn strategies to help simplify meal planning and prepping for less mealtime stress.

[Register Now!](#)

More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
 - [Walk With Ease](#) - Begins August 4
 - [Understanding Cholesterol](#) - Tuesday, August 12, 2025, 11:30 a.m. - 12:30 p.m.
 - [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start any time!
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Delta Dental Webinars & Resources

- The Whole Tooth - [various days and times](#)
 - Oral Health and Aging - [various days and times](#)
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Employee Assistance Program Webinars

- August 4: [No Such Thing as a Perfect Parent](#)
- August 5: [Building Your Child's Self-Esteem](#)
- August 6: [Extracurricular Activities: How Much is Too Much?](#)
- August 7: [Kids and the Internet: Becoming a Cyber-Savvy Parent \(Webinar Only\)](#)
- August 11: [Communicating Tough Stuff to your Child: Drugs, Alcohol, Sex, and Peer Pressure](#)
- August 12: [The Emotionally Healthy Teen: Dealing with Issues of Substance Abuse, Depression, Suicide, and Eating Disorders](#)
- August 13: [Healthy Media Consumption and Social Media Usage](#)

- August 14: [Standing Tall: Handling Bullies as School](#)
- August 18: [Establishing Bedtime Routines That Work](#)
- August 19: [Parenting a Child with Special Needs](#)
- August 21: [Talking to Your Child about Tough Issues Affecting the Family](#)
- August 25: [Helping Children Cope with Grief](#)
- August 26: [Parental Burnout: How to Overcome Challenges & Thrive Through Parenthood](#)
- August 27: [Teenage Rebellion](#)

The [Employee Assistance Program](#) is available to all State of Montana employees and their household members.

[Get More Information Here](#)

STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).