



## LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

April 1, 2025



## Mindfulness and Somatic Breathing

**Brought to you by Premise Health**

**When:** Anytime, just click on the button below.

**Location:** On-Demand Webinar

Join Premise Behavioral Health specialist and LCSW, Noemi Green, for this relaxing and informative webinar. Learn and experiment with breathing techniques that can bring calm to the craziest of days.

[Watch the Webinar Now!](#)

## More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Walk With Ease](#) - Begins April 7
- [Healthy Living for Your Brain and Body](#) - Reduce Your Risk of Dementia - April 17 at 12:00 - 1:00 p.m.
- [Powering Down - Technology Detox in April](#) - April 22 at 12:00 - 1:00 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](#)
- [Spring & summer sports and mouth guards](#)

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## Employee Assistance Program Webinars

- April 9: [Are you Financially on Track for Retirement?](#)
- April 14: [Emotional First Aid/Resilience](#)
- April 23: [Mental Health Impact of a Medical Diagnosis](#)
- April 30: [Building Respectful Relationships](#)

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

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[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).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).