



February 1, 2024

Give Yourself the Valentine's Gift of Freedom From Nicotine

Quitting With Coaching - Nicotine Cessation

Offered by Premise Health Coaching

Quitting tobacco and nicotine is complicated. Join us for a 60 minute webinar to review the options you have available to quit nicotine for good. If you like what you hear, you'll have the opportunity to get connected with a coach for as many individual sessions as you like.

When: February 14, 2024, 12:00 p.m.-1:00 p.m.

Location: Zoom Webinar

To Join: Use the instructions at healthcenter.mt.gov/Appointments and register under "Health Seminar," and "Nicotine Cessation."



Did You Know? "Quitting With Coaching" is part of a Nicotine Cessation Program, which is an Eligible Alternative to help you earn the Live Life Well Incentive! [Click here for more details.](#)

More Upcoming Well-Being Events:

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Hinge Health](#) - Get no-cost help with joint or muscle pain to kick off a healthy 2024. Start any time!

Other opportunities brought to you by the State Plan's Employee Assistance Program:

- [Letting Go of the Things That Hold You Back](#) - February 2, 2024, 12:00 p.m.-1:00 p.m.
- [Feeling Stuck: Practical Ways to Get Yourself Going Again](#) - February 13, 2024, 12:00 p.m.-1:00 p.m.
- [Initiating Difficult Conversations](#) - February 27, 2024, 12:00 p.m.-1:00 p.m.

Events are open to all eligible State Plan members!

[Click here for more information](#)