



January 22, 2025

Featured Event

## Food and Fitness - Top Tips for 2025

*Offered by Premise Health*

With so many suggestions for healthy habits out there, sorting through the noise can be frustrating. Join Michelle and Jacque to break it down and give you the Top Tips for a healthier year.

**When:** Monday, February 3, 2025, 12:00 p.m. - 1:00 p.m.

**Location:** Webinar link will be sent to registered participants.

**To Register:** [Follow the directions here](#) and choose Health Seminar, then Food and Fitness.

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### More Upcoming Well-Being Events:

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start your personal plan any time!
  - [February Hinge Health webinar](#): Healthy Aging and Bone Health. February 12, 2025

**Opportunities brought to you by Delta Dental:**

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

**Opportunities brought to you by the [State Plan's Employee Assistance Program](#)**

- January 29: [10 Strategies for Improving Your Finances](#)
- February 11: [Avoiding Burnout: Self-Assessment Methods & Strategies for Self-Care](#)
- February 12: [Mindfulness: Being Present in Your Work and Life](#)
- February 26: [Loving You . . . Boosting Self Esteem and Acceptance](#)

**Events are open to all eligible State Plan members!**

**STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION**

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

100 N. Park Ave. Suite 320 | PO Box 200130 | Helena, MT 59620-0130 |

[BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)

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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).

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