



January 4, 2024

Fresh Starts & New Beginnings

Register now for January well-being events!

Montana Live Well, Be Well Workshop

Offered by Premise Health Coaching

This 6-week workshop offers weekly webinars and challenges to learn lifestyle strategies to target key behaviors to live as your healthiest, happiest self.

When: Thursdays, starting January 25, 2024, 12:00 p.m.-1:00 p.m. (weekly for 6 weeks)

Location: Zoom Webinar

To Join: Use the instructions at healthcenter.mt.gov/Appointments and register under "Health Seminar," and "Montana Live Well, Be Well."

Diet Myths and Fads

Offered by Premise Health Coaching

Have you ever tried a diet to lose weight and wondered why it didn't work long term? Join Rachel Anderson, Premise health coach and Registered Dietitian, to discuss the effects of diets on our bodies, both mentally and physically. Learn what works, what doesn't, and why.

When: January 24, 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 "Diet Myths and Fads."

More Upcoming Well-Being Events:

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Nicotine Cessation - Quitting with Coaching](#) - February 14, 2024, 12:00 p.m.-1:00 p.m.
- [Hinge Health](#) - Get no-cost help with joint or muscle pain to kick off a healthy 2024. Start any time!

Events are open to all eligible State Plan members!

[Click here for more information](#)

