



June 24, 2024

## July is a perfect time to get more active!

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Featured Event

### Walk With Ease

*Offered by the Montana Arthritis Program*

Walk With Ease is for anyone who is looking to start or maintain a low-impact exercise program. Walk With Ease is a 6-week, independent walking program. You get to pick when, where, and how long you walk. Each week you will receive an encouraging e-mail to help you stay motivated. During the 6-weeks you will keep track and report your weekly walking minutes.

*"This is a terrific program. It helped both my husband and I to be more active. We always felt much better after we walked."* - Past Walk With Ease participant

Open to all plan members!

**When:** Starts Monday, July 1, 2024

**Location:** You choose the time and place!

**To Join:** [Click here to learn more and register for the Walk With Ease Program](#)

Don't have time this month? Not to worry! A new session starts the first Monday of every month. [You can sign up now!](#)

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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 any time!

Opportunities brought to you by Delta Dental:

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

Other opportunities brought to you by the State Plan's [Employee Assistance Program](#):

- July 9: [Helping a Loved One Through Difficult Times](#)
- July 16: [Loving . . . YOU! Boosting Self-Esteem and Acceptance](#)
- July 23: [Balancing Work and Life](#)
- July 30: [Coping with a Traumatic Event](#)

Events are open to all eligible State Plan members!

[Click here for more information](#)

## 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).

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