



May 21, 2024

Stay Active Challenge Lunchtime Hikes, Men's Healthy Strategies, and More!

Featured Event

Men's Healthy Strategies

Offered by Premise Health Coaching

Hey guys! Let's meet and explore strategies to minimize the risks to your health throughout your life. We will look at strategies for managing stress, healthy eating, and juggling busy schedules.

When: Wednesday, June 19, 2024, 12:00 p.m.-1:00 p.m.

Location: Webinar link will be sent to registered attendees

To Join: Use the instructions at healthcenter.mt.gov/Appointments and register under "Health Seminar," and "Men's Healthy Strategies."

More Upcoming Well-Being Events:

- Helena Area: [Stay Active Challenge Lunchtime Hikes](#) - Choose any that work for you and join us in Helena! Tuesdays (**including TODAY**), May 21, 28, and June 4, 12:00 p.m. - 12:45 p.m.
- [Stay Active Challenge](#) - Now through June 9

- [Virtual Stay Active Health Fair](#) - Open now through June 9, 2024
- [Gut Health](#) - June 5, 2024, 12:00 p.m. - 1:00 p.m.
- [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](#):

- June 4: [Managing Anger at Home and at Work](#)
- June 11: [Coping with Compassion Stress](#)
- June 18: [Basics of Estate Planning](#)
- June 25: [10 Strategies for Improving Your Finances](#)

Events are open to all eligible State Plan members!

[Click here for more information](#)

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).

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