



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

February 26, 2025



March is the perfect time to get active!

Walk With Ease

Offered by the Montana Arthritis Program

When: Starts Monday, March 3, 2025

Location: You choose the time and place!

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.

Don't have time this month? Not to worry! A new session starts the first Monday of every month.

[Learn More and Register](#)

More 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!

Delta Dental Webinars

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

Employee Assistance Program Webinars

- March 12: [Tools to Handle Stress](#)
- March 13: [Virtual Coffee with Ann \(EAP Manager\) – What the EAP can do for you!](#)
 - NOTE: You will need to create your own calendar notice for this training
- March 26: [Managing Personal Finances](#)

The [Employee Assistance Program](#) is available to all State of Montana employees and their household members.



[Get More Information Here](#)

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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