



October 28, 2024

Family Nutrition During the Holiday Season and more!

Featured Event

Family Nutrition During the Holiday Season

Offered by Premise Health

Are family mealtimes a source of stress for you? Holiday season can add to that stress. Learn about family dynamics at the table, how to make mealtimes a pleasant experience, benefits of eating together, and how to create a positive feeding relationship with your children to prevent food issues and have a happy holiday mealtime experience.

When: Wednesday, November 13, 12:15 p.m. - 12:45 p.m.

Location: Webinar link will be sent to registered participants

To Register: Use the instructions at healthcenter.mt.gov/Appointments and register under "Health Seminar," and "Family Nutrition."

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

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

- November 5: [Alzheimer's Services](#) (11 a.m. – 12 noon)
- November 19: [Balancing Your Personal Life with The Needs of Your Older Parents/Loved Ones](#)
- November 26: **Manager:** [Supporting Employees Well-Being: What Can You Do as A Manager](#)

Events are open to all eligible State Plan members!

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).

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