



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

November 7, 2025



Energy Management - Keep Your Battery Filled

Brought to you by Premise Health

When: Tuesday, November 18, 2025 - 12:00 - 1:00 p.m.

Location: Webinar

Learn about the four sources of energy and strategies to protect yourself from energy vampires.

[Register Now!](#)

More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Tips to Make Holidays Healthy For Good](#) - November 19, 11:00 a.m.-12:00 p.m.

Delta Dental Webinars & Resources

- [Oral Health and Aging: What you need to know](#) - Various dates and times
- [Oral Health and Wellness: The whole "tooth" about a healthy smile](#) - Various dates and times

Employee Assistance Program Webinars

Training times are 12:00 - 1:00 p.m. MST unless otherwise noted.

- November 6 - [Helping Your Senior Loved One Be Independent and Safe](#)
- November 12: [Talking About Tough Subjects with Your Parent or Older Loved Ones](#)
- November 13: [Alzheimer's Awareness](#) (1 - 2 p.m.)
- November 18 - [Understanding How Your Emotions Impact Interactions with Older Loved Ones](#)
- November 20: [Managing Holiday Stress](#)
- November 25 - [The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones](#)

- November 26: [Supporting Others Through End of Life](#)

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

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

125 N. Roberts St. Room 104 | PO Box 200130 | Helena, MT 59620-0130 |

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).

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