



September 27, 2024

Lunchtime hiking, Walk With Ease, and more!

Featured Event

Helena-area Fall Lunchtime Hiking Series

Offered by the Health Care & Benefits Division

Helena Area: [Helena-area Fall Lunchtime Hiking Series](#) - Choose any that work for you and join us in Helena! **You choose which hikes to attend - you don't have to make to every one.**

When: Tuesdays, October 8, 15, 22, 29, 12:00 p.m. - 12:45 p.m.

Location: Varies based on date. [Click here for details.](#)

To Register: [Click here to register for the hiking series!](#)

More Upcoming Well-Being Events:

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Walk With Ease](#) - Starts October 7. You choose the time and place.

- [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](#):

- October 1: [Sailing On: A Guide to Transitioning into Retirement](#)
- October 9: **Manager:** [Self-Care Tips for Managers](#)
- October 16: [How to Deal with a Difficult Person](#)
- October 22: **Manager:** [Leading with Authenticity](#)
- October 29: **Manager:** [Managing Staff Through Stressful Situations](#)

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).

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