



# Healthy Living Group

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Learn tools to manage stress, improve sleep, increase activity, and explore healthy eating!

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**This 5-week group teaches skills, provides support, and helps you set personalized goals for a healthy lifestyle.**

- Week 1:** Whole Health
- Week 2:** Stress Management
- Week 3:** Sleep
- Week 4:** Physical Activity
- Week 5:** Nutrition

**Format:** Group sessions will take place over Zoom.

**When:** Our next group begins on November 2nd (Monday) from 3:30-5:00pm

**Call:** Partnership Health Center at (406)-258-4789 to sign up or learn more.