

RiverStone Health Connections



Connecting you to a better life®

January brings the chill of winter and a fresh start to a new year. At RiverStone Health, we reflect with gratitude on the partnerships and collaboration that strengthen and support our community, even in the coldest months. Together, we continue to make a meaningful impact on the well-being of those we serve.

As we step into the new year, take a moment to explore the services we offer and celebrate the incredible work of our community partners. Here's to a season of health, hope, and renewed connections.

RiverStone Health Service Spotlight

During the MyPath program, we will give you the tools and support to help you lose 10% or more of your body weight to lower your risk of heart disease, diabetes, high blood pressure and other health problems. Weight loss can also help improve chronic pain.

MyPath is open only to established RiverStone Health patients with a referral from one of our providers. Contact RiverStone Health's clinic at 406.247.3350 or visit our website to learn more about our services and make an appointment.

[Visit our Website](#)

MyPath uses a team of experts to guide you during every step of your weight loss journey, for a holistic, individualized approach to healthy weight.

- Primary care provider monitors your overall health on a regular basis.
- Registered dietitian provides personalized counseling and tools for making healthier food choices.
- Behavioral health counselor helps you understand how to change your mindset and show you tools to combat stress and emotional eating.
- Clinical pharmacist works with your doctor to review and evaluate your prescriptions for effectiveness.

UPDATE!

New WIC food packages started January 1, 2025. Click the button to see the changes for each food package.

[See changes here](#)

Partner Spotlight: The YMCA



The mission of the YMCA is “To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

Through effective board, staff and volunteer leadership, the YMCA achieves this mission through collaborations with other community institutions and civic groups. Just as integral to our mission, is providing human services such as job training, teen leadership opportunities, volunteer opportunities and social opportunities for seniors. Our goal is to provide quality programs which enhance the mind, body, and spirit of individuals, families and the communities in which we serve.

An overview of what the Y offers:

- 120 group exercises classes
- Newly renovated spaces
- Brand New, State-of-the-art Equipment
- Two pools
- Cardio room
- Functional fitness room
- Teen Center (Streetball, Esports and Teen Training programs)
- Walking track
- Racquetball/Handball/Pickleball/Basketball
- LesMills/HYROX
- 3 hours of free ChildWatch
- Beginner Programs
- Sauna/Steam Room/Hot Tub
- Livestrong/Diabetes Prevention Programs
- Youth Programs (sports, afterschool, preschool, summer camp)
- Nutrition/Personal Training
- Nationwide Membership

Billings Family YMCA is a 110,000 sq. foot facility to help you achieve your goals. We have more than any gym in the community with our classes, gym space, programing, pools and weight rooms.

To learn more or sign up for the Y, call 406.248.1685 or click the button below.

[Learn more](#)

At RiverStone Health, you are at the center of everything we do with a focus on improving life, health and safety of our community. Serving the Yellowstone County community and south-central Montana for nearly 50 years, we are an essential provider of personal and public health services. Health, Education, Leadership and Protection – HELP is what we do.

We offer medical, dental and behavioral health; home care and hospice; public health services like immunizations, WIC, health promotion and restaurant inspections; and educate the next generation of health professionals. Our expertise spans all ages and stages of life.

If you would like to be a future partner spotlight, or learn more about RiverStone Health’s work in the community please reach out to our Communications team at Communications@RiverStoneHealth.org or 406.247.3387.





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