

KING EASES **ARTHRITIS** PAIN

## Read me online!



# SMART tips to stay active as you age

earn how you can safely exercise and enjoy the benefits of increased physical activity with these S.M.A.R.T. tips:

Start low, go slow.

**M**odify activity when arthritis symptoms increase, try to stay active.

Activities should be joint friendly.

**R**ecognize safe places and ways to be active.

Talk to a health professional or certified exercise specialist.



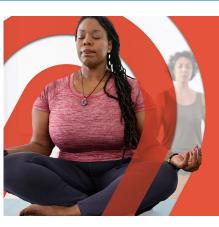
uitting smoking is one of the most important actions people who smoke can take to reduce their risk for cancer.

For cancer survivors, quitting smoking may improve prognosis and reduce risk of premature death.

Studies show that using FDAapproved cessation tools like nicotine patches, gum and lozenges can double your chance of quitting smoking.

Start by calling 1-800-QUIT-NOW or visit QuitNowMontana. com.

Ask your healthcare provider for recommendations on tobacco cessation.



#### Take charge of your heart health.

livetothebeat

eart Disease is the #1 killer of women, but there are ways Lyou can lower your risk every day with diet and exercise.

Talk to your doctor today about ways you can lower your risk for heart disease.

- 3 key risk factors for Heart Disease:
  - High blood pressure
  - High blood cholesterol
  - Smoking



id you know depression can cause physical symptoms such as:

- Tiredness
- Digestive problems
- Restlessness
- Trouble sleeping Head & body aches
  - ٠ Changes in weight

Talk to your provider today about your concerns. Our team can help you find a treatment that is right for you.

### BILLINGS CAMPUS Main Clinic 406.247.3350

Dental Clinic 406.247.3333

Pharmacy 406.247.3330

Orchard & Medicine Crow School Clinics 406.247.3210

WIC 406.247.3370

LOCATIONS

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Bridger 406.662.3740 Joliet 406.962.9062

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RiverStoneHealth.org/Locations

HEALTHCARE FOR THE HOMELESS

## 406.651.6560

2424 First Ave. North Mon., Wed. & Fri. 7 am - 4 pm Tues. & Thur. 1 - 4 pm

St. Vincent de Paul 3005 First Ave. South Tue. & Thur. 7 am - noon

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