



SMART tips to stay active as you age

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

S Start low, go slow.

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

A Activities should be joint friendly.

R Recognize safe places and ways to be active.

T Talk to a health professional or certified exercise specialist.



Heart Disease is the #1 killer of women, but there are ways you 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

QUITTING SMOKING LOWERS RISK OF 12 TYPES OF CANCER

- MOUTH AND THROAT (oral cavity and pharynx)
- VOICE BOX (larynx)
- ESOPHAGUS
- LUNG
- ACUTE MYELOIC LEUKEMIA (AML)
- LIVER
- STOMACH
- PANCREAS
- KIDNEY
- COLON AND RECTUM
- BLADDER
- CERVIX

Quitting 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 FDA-approved 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.

4 REASONS TO CALL, TEXT, AND CHAT 988

- 1 Thoughts of suicide
- 2 Drinking too much or drug use
- 3 Feeling depressed or anxious
- 4 Trauma

988 SUICIDE & CRISIS LIFELINE

Did you know depression can cause physical symptoms such as:

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

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

LOCATIONS	BILLINGS CAMPUS	RURAL CLINICS	HEALTHCARE FOR THE HOMELESS
	Main Clinic 406.247.3350	Bridger 406.662.3740	406.651.6560
	Dental Clinic 406.247.3333	Joliet 406.962.9062	2424 First Ave. North
	Pharmacy 406.247.3330	Worden 406.967.2255	Mon., Wed. & Fri. 7 am - 4 pm
	Orchard & Medicine Crow School Clinics 406.247.3210	SCAN FOR ALL LOCATION HOURS	Tues. & Thur. 1 - 4 pm
WIC 406.247.3370		St. Vincent de Paul	
Immunizations 406.247.3382	RiverStoneHealth.org/Locations	3005 First Ave. South	
			Tue. & Thur. 7 am - noon