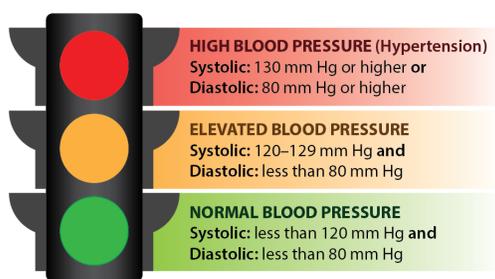




Tips for taking your blood pressure

High blood pressure is a significant health concern. It can increase the risk of heart disease, stroke, and other complications. It's important to check your blood pressure regularly to stay on top of your health.

A healthy diet, regular exercise, stress management, and proper hydration can all help maintain healthy blood pressure levels and reduce risk.



If your numbers are consistently high you may be at risk. Talk to your provider about your risk compared to others.

Prioritizing women's health

Women's health is more than just check-ups—it's about prevention, early detection and access to the care.

Breast cancer is one of the most common cancers among women, but regular mammograms can help detect it early when treatment is most effective. Talk to your healthcare provider about your risk factors and the screening schedule that is best for you.

Join us at the Women's Health Fair on May 22 from 9 am – 1 pm for priority appointments, giveaways and access to community resources. RiverStone Health may also be able to help cover the cost of mammograms and follow-up care.

Please join us!

Women's Health Fair

Thursday, May 22

9 am - 1 pm

RiverStone Health
Main Campus
123 S. 27th Street, Billings

Priority screening appointments • Giveaways • Resources

Take your first step to quitting today

Tobacco use remains one of the leading causes of preventable disease, contributing to cancer, heart disease, stroke and respiratory conditions. While quitting can be challenging, the benefits begin almost immediately—within 20 minutes, heart rate and blood pressure drop, and within weeks, lung function starts to improve. Long-term, quitting significantly reduces the risk of serious illness and improves overall quality of life.



Support is key to success. Quit Now Montana offers free coaching, personalized quit plans, and nicotine replacement therapy to help individuals break free from tobacco. Research shows that using these resources can triple the chances of quitting for good. If you or someone you love is ready to take the first step toward a tobacco-free life, call 1-800-Quit-Now today for free support.

Simple steps to a healthier BMI

Maintaining a healthy weight isn't just about diet and exercise—sleep, stress management, and hydration are just as important.

Poor sleep and high stress can lead to weight gain by increasing cravings and slowing metabolism, while dehydration can affect digestion and energy levels. Prioritize quality sleep, practice stress-relief activities like deep breathing or walking, and stay hydrated by drinking plenty of water throughout the day.

Small, consistent changes can boost overall well-being and help you feel your best.

LOCATIONS

BILLINGS CAMPUS

Main Clinic 406.247.3350

Dental Clinic 406.247.3333

Pharmacy 406.247.3330

WIC 406.247.3370

Immunizations 406.247.3382

SCAN FOR ALL LOCATIONS & HOURS



RiverStoneHealth.org/Locations

RURAL CLINICS

Bridger 406.662.3740

Joliet 406.962.9062

Worden 406.967.2255

SCHOOL CLINICS

Orchard Elementary

406.247.3210

Medicine Crow Middle

406.247.3210

Senior High 406.247.2146

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