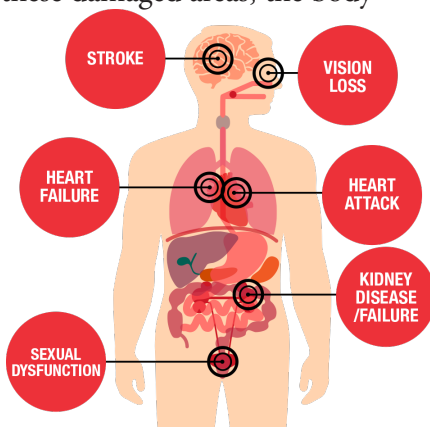




Know your stats: health threats from high blood pressure

When your blood pressure is high for too long, it can damage the walls of blood vessels, causing them to develop tiny tears. To fix these damaged areas, the body sends special cells that stick to the site. Over time, substances such as cholesterol and fats may also build up at these damaged spots. Talk to your provider to learn more about your risks and how we can help.



Did you know that e-cigarettes are the most commonly used tobacco product among Montana high school students? This exposure puts them at risk for long-term health effects and can also affect brain development until age 25.

CAMPAIGN for TOBACCO-FREE Kids

E-CIGARETTES ARE MORE KID-FRIENDLY AND ADDICTIVE THAN EVER

- Sold in thousands of flavors
- Deliver more nicotine (nicotine strength of disposable vapes nearly tripled from 2017 to 2022)
- Can contain built-in video games
- Almost all are illegal

For more information on e-cigarettes and ways to help your teen quit visit www.mylifemyquit.com, call 1-855-891-9989, or text "Start My Quit" to 36072.

Talk to your provider today about available seasonal vaccines.

Don't wait to talk about your skin health!

Our clinic offers skin checks, testing, removals and more by appointment.



We're here to help you take the best care of your skin. Whether it's a routine skin check, testing or removals, our expert team is ready to help you.

Don't wait to prioritize your skin health - talk to your provider today!



How to stay active in cold weather

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

Talk to your provider about tips and benefits to keep in mind as the cold of winter sets in on your exercise routine.

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
- Orchard & Medicine Crow School Clinics 406.247.3210

RURAL CLINICS

- Bridger 406.662.3740
- Joliet 406.962.9062
- Worden 406.967.2255

SCAN FOR ALL LOCATION HOURS



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