



# Join us weekly for free virtual self-care breaks focused on fitness, mental health, meditation, and nutrition.

## **Movement Mondays**

**12-12:30 or 3-3:30pm | [Click to register »](#)**

Move more, feel better! Join us for a quick fitness break including yoga, strength and cardiovascular conditioning. Enjoy a fun and engaging atmosphere to help you sweat and smile.

## **Talk Tuesdays**

**3-4pm | [Click to register »](#)**

Talk it out with us. Connect with peers across the state to share experiences and establish community, facilitated by a licensed clinical professional counselor.

## **Wellness Wednesdays**

**12-12:30 or 3-3:30pm | [Click to register »](#)**

Enjoy some relaxation! Join us for an extended sound meditation and guided breathing exercise featuring a relaxing soundscape of Himalayan singing bowls and other vibrational instruments.

## **Thrive Thursdays**

**12-12:30 or 3-3:30pm | [Click to register »](#)**

Don't go down the internet rabbit hole looking for health tips. We're your source for quality and reliable information. Join us Thursdays to focus on nutrition-related wellness.



Montana  
Public Health  
Training Center

Wellness Program

Register online:

**[mtpublictrainingcenter.org](https://mtpublictrainingcenter.org)**