



BIG HORN, CUSTER, ROSEBUD, AND TREASURE COUNTY BRINGING COMMUNITIES TOGETHER

Wednesday  
**1** QUIT DAY #1

**New Year's Resolution: Quit for Good**  
Visit [QuitNowMontana.com](http://QuitNowMontana.com) to access free coaching, quit medications, and patches, gum, or lozenges.

**QUITNOW MONTANA**  
[QuitNowMontana.com](http://QuitNowMontana.com)  
SMOKING | VAPING | CHEW

UPCOMING EVENTS

JANUARY MAMMOGRAM BUS SCHEDULE

TDT - STICKER CONTEST  
CHILDBIRTH CLASSES IN HARDIN



# Mammogram Bus is Coming to Town

Call Yellowstone Breast Center to schedule a mammogram  
@ 406-237-4373

## JANUARY 2025 ST VINCENT MOBILE MAMMOGRAPHY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HOLIDAY	2 IMH LAUREL CLINIC	3 IMH NORTH SHILOH	4 IMH HEIGHTS CLINIC
5	6 IMH BROADWATER CLINIC	7 FORSYTH ROSEBUD HEALTH CARE	8 IHS-CROW AGENCY	9 IMH LEWISTOWN CLINIC	10 BILLINGS RIVERSTONE HEALTH	11 IMH WESTEND CLINIC
12	13 BIG TIMBER PIONEER MEDICAL	14 IHS-LAME DEER	15 ADVANCED CARE HOSPITAL	16 IMH HEIGHTS CLINIC	17 BLOCKED-MAINTENANCE	18 IMH LAUREL CLINIC
19	20 HOLIDAY	21 LAUREL SCHOOL DISTRICT-GRAFF ELEM.	22 IHS-LODGE GRASS	23 IMH LAUREL CLINIC	24 IMH LOCKWOOD CLINIC	25 IMH NORTH SHILOH
26	27 IMH ABSAROKEE CLINIC	28 IHS-LAME DEER	29 ROUNDUP MEMORIAL HOSPITAL	30 COLSTRIP MEDICAL CENTER	31 IMH RED LODGE CLINIC	

## FREE MAMMOGRAM

No Insurance or can't afford a mammogram?  
Montana Cancer Control Program is here to help.



### 2024 Income Guidelines

- 1 person in home \$37,650
- 2 people in home \$51,100
- 3 people in home \$64,550
- 4 people in home \$78,000
- 5 people in home \$91,450

Easy Enrollment QR Code:



Contact MCCP:

Melanie Frame email: [melanie.frame@onechc.org](mailto:melanie.frame@onechc.org) or call 406-874-8705

# Take Down Tobacco 2025



## Fourth Annual TDT Sticker Contest is now open!



Grades 6 - 12 and enrolled college students  
are encouraged to submit a single entry.  
For more information click on the [REACT](#) logo.

# CHILD BIRTH CLASS

## TUESDAY **Getting Yourself Ready**

1.14.25

5:30-7:30 PM

- Introductions, Sign in
- InJoy Birth Book Chapters 1 & 4, start of 2
- Birth Preferences Review- Birthing Plans Introduction
- Intro to What is a Doula?
- Relaxation Techniques & Birth Ball Exercises
- Handouts: Pelvic Floor Exercises, MOMS app, Safe Foods, 6 Simple Steps for a Healthy Birth
- Rebozos!

## TUESDAY **Labor**

1.21.25

5:30-7:30 PM

- InJoy Chapters 2, 5 & 6
- Pelvis Demo & Cervical Dilation & Water Breaking
- Medical Procedures
- Labor Positions to help Labor progress
- Road Map of Labor & When to go to the hospital
- Handouts: Stages of Labor, Keep Calm and Labor On, Kick Counting, Avoiding a C-section

## TUESDAY **Post-Partum**

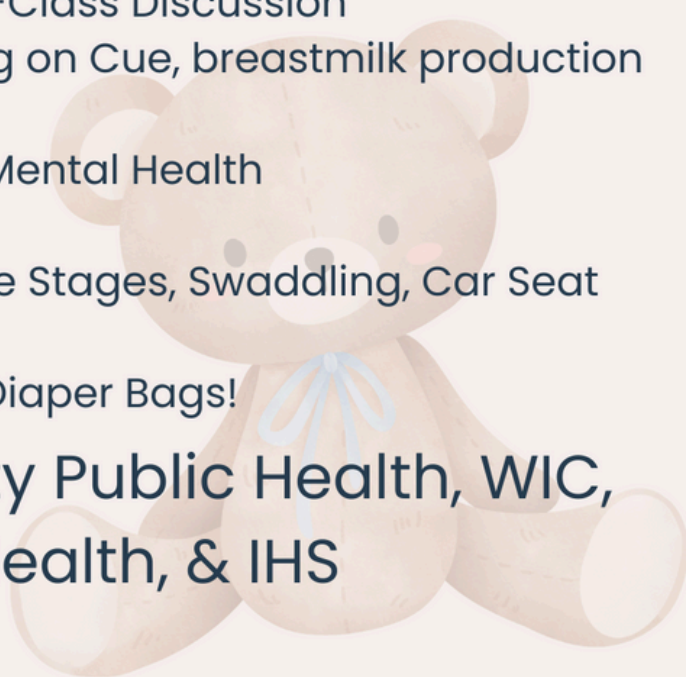
1.28.25

5:30-7:30 PM

- InJoy Chapters 7 & 8 -Class Discussion
- Breastfeeding, Nursing on Cue, breastmilk production
- Safe Sleep
- Post-partum Care & Mental Health
- Spinning Babies
- Handouts: 9 Instinctive Stages, Swaddling, Car Seat Safety
- Dirty Diaper Demo & Diaper Bags!



Big Horn County Public Health, WIC,  
One Health, & IHS



**CONTACTS:**

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(406) 351-9143

**PAST AND CURRENT NEWSLETTERS**  
**ARE ON THE**  
**[TREASURECOUNTYHEALTH.COM](https://www.treasurecountyhealth.com) WEBSITE**

**TREASURE COUNTY PUBLIC HEALTH**  
**P.O. BOX 201**  
**405 PIONEER AVE.**  
**HYSHAM, MT. 59038**



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**CHECK OUT**  
**CALENDAR OF**  
**EVENTS**



**ALL LOGO'S AND IMAGES ARE LINKED TO WEBPAGES**

