

- 1st Bar Bingo: 7PM at Tiltwürks
- 3rd Montana Shakespeare in the Park "As You Like It": 6:30PM at Riverside (FREE)
- 4th of July Parade: 10AM on Main Street with Vendors in Riverside Park after the parade Cornhole Tournament: Historic Olive Hotel *see their Facebook Page for more details*
 VFW Fireworks Display: Approximately 9:30PM at Riverside Park *time is subject to change*
- 5th Farmers Market: 7:30AM-12PM at Riverside Park
- 8th Bar Bingo: 7PM at Tiltwürks
- 10th Cowtown Roundup: 10AM Tee Time; 5PM Derby; 8:30PM Calcutta at the Town & Country Club Barn Players "Cyrano de Burger Shack": 6PM at the Main Street Grind
- 11th Cowtown Roundup: 8AM; 1:30PM Shotgun at Miles City Town & Country Club
 - Hardy Kuiper Memorial Run Registration: 5PM-7PM at Parker's Bar Barn Players "Cyrano de Burger Shack": 6PM at the Main Street Grind
- 12th Farmer's Market: 7:30AM-12PM at Riverside Park
 Woodruff Open Disc Tournament: 8AM at Woodruff Park (US HWY 12 Mile Marker 16)
 Cowtown Roundup: 8AM; 1:30PM Shotgun at Miles City Town & Country Club
 Hardy Kuiper Memorial Run: 10AM Kickstands up at Parker's Bar, Register from 8AM-9:30AM
 Disability Pride Month Party in the Park: 12:30PM at Riverside Park
- Barn Players "Cyrano de Burger Shack": 6PM at the Main Street Grind
- 13th Barn Players "Cyrano de Burger Shack": 1PM at the Main Street Grind (Matinee)
- 15th Stuffy Care Clinic: 10AM-2PM at Miles City Public Library *free stuffed animal repair Cowtown Moosic Festival: 5PM in Downtown Miles City (Ashley Wineland) Bar Bingo: 7PM at Tiltwürks
- 16th Mule Deer Foundation Banquet: 5:30PM at the Eastern Montana Fairgrounds
- 18th CNADA Silent Disco Night: 5:30PM at the Elks Lodge Basement Crazy Days: 7AM-5PM in Miles City
- 19th Farmer's Market: 7:30AM-12PM at Riverside Park CCFA Silent Auction: 9AM-4PM at the Range Riders Museum Crazy Days: 7AM-5PM in Miles City
- 22nd Cowtown Moosic Festival: 5PM in Downtown Miles City (Joey Leone's Chop Shop) Suds and Salvation Series Pint with a Priest: 7PM at Otium Brewing Bar Bingo: 7PM at Tiltwürks
- 26th Farmer's Market: 7:30AM-12PM at Riverside Park
- 29th Cowtown Moosic Festival: 5PM in Downtown Miles City (Bred Lee Schroeder)
- 31st Bingo for Conservation: 5PM at Tiltwürks

This is a partial listing.
See the Complete Community Calendar at:



JULY 2025 👫

Summer Reading Program





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5		Homemade Coloring Pages 11:00 am 3:00 pm	Homemode Coloring Pages 11:00 am 3:00 pm	Nature Art By Sarah 200 pm	Library CLOSED Happy Independence Day!	5
6 Week 6	Lego Guy 200 pm	Painting on Carvas 11:00 am	Painting on Carras 11:00 am 2:00 pm	Gallery Reception & Grand Prize Drawings: 2pm	11	12
15	14	15	16 (GG)	" "Pes "W	ding	9
20	21	22	25	21	25	26
97	28	29	ead for th			
1	28	29	» C	oLOR	OUR W	IORLI



Don't Miss Storytime:

Storytime continues through the summer on Tuesdays and Thursdays at 10:00 am at MCPL. Storytime is geared toward preschool-aged children, but all kids are welcome. Please remember that children under 8 require supervision by someone who is at least 12.

During the weeks of SRP, Storytime activities are as follows: Stamp, Stomp, & Smash Painting, Shadow Bouquets, Easy Kaleidoscopes, Bubble Art, Foil Masks, & Leaf Rubbings.

SPECIAL EVENTS:

Thursday, July 3, 2025 at 2:00 pm:

Join us at MCPL for Nature Art, an exciting art adventure led by local artist Sarah Price.

Monday, July 7, 2025 at 2:00 pm:

The Lego Guy is back at MCPL! Join him to learn more about Legos and to create something amazing.

Thursday, July 10, 2024 at 2:00 pm:

All SRP participants are invited to display their creations—made during SRP events or brought from home—at the Color Our World Gallery (housed inside MCPL). The reception opens with the drawing of the SRP GRAND PRIZES.

Don't forget: gallery entries are eligible to enter in the Eastern Montana Fair, held August 20:23, 20:25.

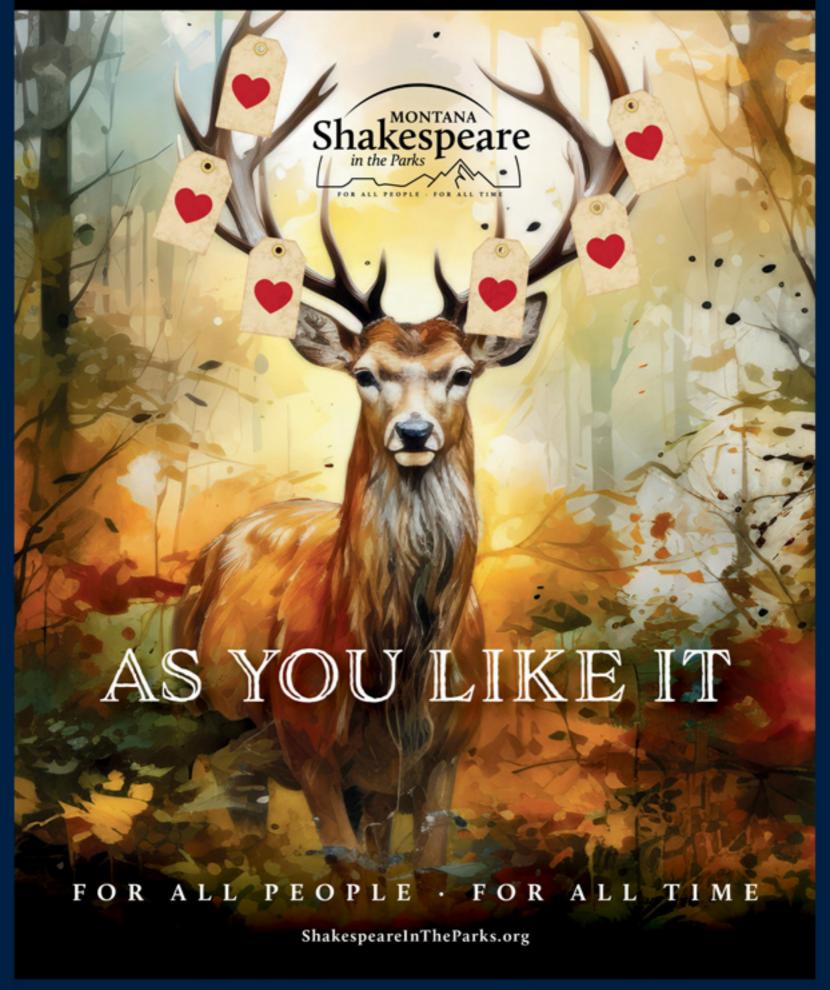






Thank you to all our guests and sponsors!

CELEBRATING 53 YEARS



July 3rd • 6:30 pm Riverside Park





21ST ANNUAL COMMUNITY CELEBRATION

We Remember We Honor We Thank You



JOIN US ON MAIN STREET

PARADE STARTS AT 10AM

Parade Entry Contest Best-of-Bike Show Contest Car Display Contest



AMERICAN FLAGS

WILL BE PASSED OUT TO THE FIRST 300+ SPECTATORS!

AFTER THE PARADE AT RIVERSIDE PARK

FAMILY FUN | FOOD | FUND-RAISERS

OPEN MIC MUSIC

-VOCAL, INSTRUMENTAL & DANCERS WELCOME-

TO REGISTER FOR THE PARADE OR TO HAVE A BOOTH IN THE PARK

go to BuyMT.com, 819 Main St, or the Miles City Chamber at 511 Pleasant St, both in Miles City. Questions? Please call Patty Hubbell at 406-951-0159





Arthritis Exercise Class Summer 2025



Classes take place on Mondays and Thursdays from 8:30 – 9:30 a.m.

DATES: May 5, 8, 12, 15, 19, 22, 29

June 2, 5, 9, 12, 16, 19, 23, 26, 30

July 7, 10, 14, 17, 21, 24, 28, 31

No Class:

- May 26 (Memorial Day)
- July 3 (Independence Day Holiday)

Location:

First Presbyterian Church 1401 Main Street – Use Elevator Entrance

For more information, contact Miles City RSVP

406-234-0505 - rsvp05@midrivers.com

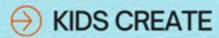


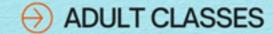
Fee: \$15 for 3-month session (\$5 per month)



Kater Works Art Museum

SUMMER ART SCHEDULE





Class JUNE 4, 5

Lino Print Canvas Tote Bags Ages 13-18, 10AM to 12PM Ages 9-12, 3PM to 5PM

\$45/\$35

JUNE 6

Adult Lino Print Canvas Tote Bags 5:30PM to 8:30PM

\$45/\$35

JUNE 10

Exploring Tools with Pen & Ink Ages 13-18, 10AM to 11:30AM Ages 9-12, 1PM to 2:30PM

\$40/\$25

JUNE 18

Needle Felting Ages 13-18, 10AM to 1PM Ages 9-12, 3PM to 5PM

\$40/\$25

Class JULY 8, 10

Clay Animals
Ages 7-14, 1PM to 2:30PM

\$45/\$35

Class JULY 15, 17

Stepping Stones & Garden Stake Signs Ages 8-14, 1PM to 2:30PM

\$45/\$35

²Class JULY 22, 24

Paper Making & Paint on Made Paper Ages 8-14, 1PM to 2:30PM

\$40/\$25

JULY 24

Adult Needle Felting 6PM to 8:30PM

\$45/\$35

Day JULY 30, 31, Class AUG 1 Museum Marionettes in Motion Bring a sack lunch. Flexible and fun class! Ages 9-18, 10AM to 2PM

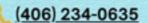
\$45/\$35

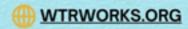
Advance payment required for class enrollment. Please register at least 3 days before class date

*Price/Member Price













Employment & Training Program

The Veterans Inc. Employment & Training Program is nationally recognized for helping veterans obtain and retain jobs. Veterans Inc. partners with educational institutions and businesses across Montana and North Dakota to provide training, employment opportunities, placement, and support to our veterans in need.

Employment and Training Services:

- Career Assessment
- Job Training
- Job Search Support
- Job Placement
- Follow Up Support
- Mentoring
- Resume Writing
- Interview Techniques
- Money Management
- Dress for Success

Financial Assistance For:

- Culinary Arts / ServSafe Class
- Healthcare Certifications
- Construction Trades
- Green Jobs Training
- Information Technology Certifications
- Commercial Driver's License (CDL-B)
- Security Training

Specialized Services for Women and Post-9/11 Veterans





Funded in part by:



Proud Recipient of:



Outreach Dates and Locations:

May 22, 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm June 12 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm

July 10, 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm

Aug 14, 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm

Sept 11, 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm

Oct 9, 2025 Glendive 9 am - 11 am Miles City 1 pm - 3 pm



Serving Veterans Across America

www.veteransinc.org 800-482-2565



COWTOWN
ROUNDUP
2025
JULY 10, 11, 12TH

THURSDAY:
TEE TIMES START@IOAM
8:30PM CALCUTTA

FRIDAY & SATURDAY: 8AM / I:30PM SHOTGUN

CALL PRO SHOP
TO REGISTER
BEFORE JULY 3
406-234-1500

MEMBER/GUEST
(ONE PERSON MUST BE A TCC MEMBER)

\$300 PER PERSON \$20 MULLIGANS \$10 DEUCE POT \$10 SKINS POT

INCLUDES:

THURSDAY-APPETIZERS

FRIDAY-LUNCH, DINNER (+LIVE MUSIC)

SATURDAY-LUNCH, DINNER (+GUEST)

RANGE BALLS & CART

JULY II: FRONT 9 (BOOTS) SCRAMBLE

BACK 9 (HORSESHOES) I-BEST NET

JULY I2: FRONT 9 (BOOTS) CHAPMAN

BACK 9 (HORSESHOES) SHAMBLE (80% HANDICAP)

65+ CAN PLAY FROM RED/BLUE TEES 80% OF GHIN HANDICAP

JULY 10-PRACTICE ROUND
9-HOLES-2-PERSON BEST BALL
\$20 PER PLAYER
GROSS/NET PAYOUT
\$10 DEUCE POT

5:00 DERBY \$10 PER PLAYER



LIVE MUSIC FRIDAY!

SPONSORED BY: WATTS/KENNEDY AGENCIES



Barn Players Inc Presents







IDAY JULY 11TH

IN STREET

TICKET WITH DINNER \$32 | WITHOUT DINNER \$15
DINNER TICKETS MUST BE PRE-ORDERED | SEATING IS LIMITED

EXT/CALL 406-951-0560 OR USE THIS OR CODE





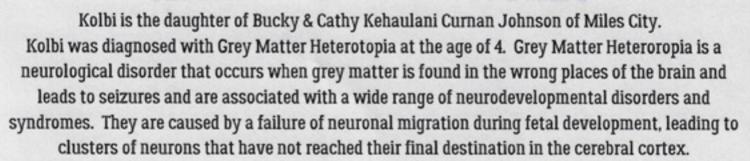
HARDY/KUPER MEMORIAL PRESENTS

THE ANNUAL











REGISTRATION - \$30 PER PERSON

Friday: 5:00 PM to 7:00 PM at Parker's Bar in Miles City

Saturday: 8:00 AM to 9:30 AM at Parker's Bar in Miles City

KICKSTANDS UP AT 10:00AM

Miles City - Parker's Bar

Broadus - Stockman Club

Alzada - Stoneville with lunch on the tailgate

Ekalaka - T-&Casino

Baker - Thee Garage and Steakhouse

Miles City - Bison Bar



Poker Chip Sheets Due by 6:00 PM Dinner Begins at 6:00 PM Gun Raffle Drawing at 6:45 PM

Music by Tektonics DJ Company Starts at 7:00 PM

THANK YOU TO OUR SPONSORS AND DONORS

Community First Credit Union · Deluxe Motors · Midrivers Communications · Stockman Bank · Sunrise Financial ·
Ole Mae Apartments · Short Stop II · Riverside Marine and Cycle · Martin Fencing · Aye Pumpkin Patch & MT Giant Garlic ·
TNT Water and Sewer · S&W Heating · Kristy Mendenhall · Professional Fiancial Services · Harding Land & Cattle Company ·
Razor Creek Rentals · Bright Beginnings Childcare & Learning Center · Wild West Paintwerx · The Ruby · MC Electric ·
Bobcat of Miles City, LLC · Matt, Jessica & Abby Hom · Milestone Properties · Star Structures · Brilyn's Massage ·
Oddy Construction/Manning Roofing · John and Candy Laney · MCC Athletics · Big Sky Financial · Bison Bar · Still Smokin' ·
Frank's Body Shop · Jack's Body Shop · Doeden Construction · Valley Credit Union · Elegance Salon and Tanning ·
Auto Body Solutions · Aye Dentistry · Miles City Liquor · Les Schwab · Builders First Choice · 600 Cafe



PDGA C TIER TOURNAMENT

TOURNAMENT

PRESENTED BY INFINITE DISCS



SAT. JULY 12



WOODRUFF PARK
US HWY 12 MILE MARKER 16
MILES CITY, MT

SCAN O

ξG\STEρ

HOSTED BY TIMBERLINE DISC GOLF

QUESTIONS? TIMBERLINEDISCGOLF@GMAIL.COM

CELEBRATING DISABILITY PRIDE MONTH

July 12th
Starting at
12:30 pm
At Riverside Park

Come enjoy a hamburger, yard games, and some informational booths!

> Proceeds go to the Miles City Special Olympics

Join the
Miles City
Jaycees in
celebrating
Disability
Pride Month!

2025 COWGIRL BASKETBALL CAMP

JULY 14TH-17TH - Grades 3rd-8th

CAMP COST \$40

Grade Level: TIMES:

3RD-4TH GRADE 9-10 am

5TH-6TH GRADE 10-11 am

7TH-8TH GRADE 11-12 noon



(Use the back gym doors to enter and exit from camp)

REGIST	RATION	<u> FORM</u> :
--------	--------	-----------------

Player's Name:	Grade:	_
Emergency Con	act Name:	_
Emergency Con	ract Number:	

T-Shirt Size (circle one): YS YM YL S M L XL

I hereby authorize my child to participate in Cowgirl Basketball Camp, held July 14,15,16,17, 2025. I hereby waive and release any claims and damages I may have against Custer County District High School, Sponsors', Cowgirl Basketball Camp, Coaches and Staff on account of any injuries or illness sustained by a child while attending camp. I authorize coaches/directors to secure any emergency treatment deemed necessary.

Parent / Guardian Signature

Text or Call
Head Coach Kevin Layton
503-887-9312
To Reserve Your Spot



Date

Please send
Paper Registration
Non-Refundable Payment
Make Checks Payable to:

Kevin Layton 1211 Palmer St. Miles City, MT 59301

STUFFY + CARE CLINIC

Free walk-in medical care for your stuffed friend.

Miles City Public Library July 15 10:00 - 2:00

- eye repair or replacement
- stuffing fill
- stitches and patches
- minor reconstructive surgery
- and more!

Care provided by a trusted team of experienced stuffy medical professionals



FREE SUMMER CONCERT SERIES

COMFONIA MOSIC 2025



TUESDAY EVENINGS MAIN STREET • MILES CITY

JULY 15 ASHLEY WINELAND

JULY 22 JOEY LEONE'S CHOP SHOP

JULY 29 BRAD LEE SCHROEDER

AUG 5 IVORY

AUG 12 STOLEN ROAN

MUSIC . FOOD . DANCE



Love Live Music? Donate to Keep Cowtown Moosic FREE!

Get band previews and updates: Follow Cowtown Moosic on Facebook & Instagram.





CNADA Montana

@ENADA



VENMO

JULY 18, 2025
STARTS AT 5:30 P.M.
ELKS LODGE - BASEMENT
TICKETS: \$ 10

CHILDREN UNDER THE AGE OF 15
MUST BE ACCOMPANIED BY AN
ADULT

JOIN US FOR AN UNFORGETTABLE NIGHT OF DANCING, A SODA BAR, KIDS' GAMES, AND FAMILY FUN—ALL IN SUPPORT OF VICTIMS OF DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND STALKING.

BROUGHT TO YOU BY





Indian tacos, drinks & dessert will be for sale

Range Rider's Museum 435 interstate 94 business

Custercountyfundforanimals@gmail.com 406-679-5386 SUMMER 2025

SUDS AND SALVATION

SPEAKERS



June 10th -Goodness Seminarian Luke Fitzgerald



July 22nd- Beauty Fr. Jolly Pathiyamoola



August 3rd - Truth Fr. Gregory Crane Come have a pint with a priest!

This summer we're diving into philosophy and looking at the 3 transcendentals,
The True, Good, and
Beautiful and how they pertain to the faith.

7 PM AT OTIUM BREWING 21 S. 9TH ST. MILES CITY, MT 59301



ANNUAL MEETING

& MEMBER APPRECIATION

Where:

ZooMontana

2100 Shiloh Rd, Billings, MT 59106

When:

Tuesday, July 22nd 4:00-7:00pm

Food will be served at 4:30pm.

Annual Meeting will take place at 4:50pm.

Dessert, games, face painting, bingo, and more following meeting.

RSVP*

Free Event for Valley Members

Email your name and a headcount to: annualmeeting@valleyfcu.com

*RSVP needed for food count

Teachers Institute

SUMMER 2025

MILES COMMUNITY COLLEGE

JUNE AND JULY

June 3-4 ... Accelerate Montana Job Site Ready Construction (hybrid), content available from May-June 2

30 hours of online, self-paced modules, plus 15 hours of hands-on instruction, equips participants with the essential skills to start a career in construction. Students will receive a tool set to keep and a Job Site Ready credential. Scholarships available to cover the \$350 registration fee. Registration link - https://learn.acceleratemt.com/browse/job-site-ready/courses/jsr-mobile-miles-city

June 12-13 ... Embedding Career Development and Interpersonal Skills in the Classroom

Designed for educators across disciplines, this interactive workshop will help participants explore key topics such as career exploration, emotional intelligence, time management, effective communication, conflict resolution, and more. Participants will also gain hands-on experience with resume writing, interview preparation, and professional networking activities, while learning to foster critical skills like teamwork, professionalism, and creative problem-solving.

June 24 ... CPR and First Aid Certification

Students will receive official CPR/AED "Heartsaver" certification from Montana Health Network facilitator.

June 27 ... Youth Mental Health First Aid

Youth Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges. Lunch period is shorter to allow for more instructional time and group discussion; lunch is provided.

online only, content available starting July 1 ... National Cinemas

An in-depth look at classic cinematic productions from the United States based on cultural and historical context. Includes a selection of films by a variety of directors and genres from the Silent Era into the present. Students will consider American films that have been affected by American culture and films that have affected American culture.

July 7-8 ... Increasing Student Engagement

How do educators get students to be the *learners* instead of being the *learned*? There are many factors that influence student engagement. Some are in an educator's control, some are not. Participants in this course will focus on student voice, classroom environment, play, and problem-based learning to support relevance and student facilitated learning, which leads to increased student success.

July 11 ... Quantum is Coming: How to Bring This Exciting Emerging Technology into K-12 Classrooms (hybrid), content available June 30 (FREE)

Quantum science and technologies are emerging STEM fields that have the potential to bring new careers and businesses to Montana, the nation, and the world. You can learn more about this exciting topic in a way that helps you bring basic concepts into your middle and/or high school classroom(s). No prior knowledge or experience is necessary.

July 17-18 ... Geology and Paleontology of Montana and Kumamoto, Japan

Participants will discover more about geology and paleontology in Montana by taking a field trip to the Carter County Museum, host of the world-famous annual Dino Shindig. They will also learn about educational resources available as part of a research trip to Japan. Teaching materials provided focus on 5th and 6th grades but can be adapted and applied to additional age groups.

July 21 ... Information Literacy (hybrid), content available from July 7-20

This course is designed to equip students with the essential skills needed to navigate the vast landscape of information resources. Students will learn how to identify credible sources, critically assess information, and apply it ethically and effectively in various contexts. The course consists of online content, plus one in-person session.

July 22-23 ...Integrate Arts to Engage Students and Deepen Understanding

Deepen understanding, while minimizing behavior issues with arts integration! In this hands-on course, you will discover a variety of project-based activities (one or more for each month of the year). While the target audience is for grades 3-6, the projects can be adapted for grades K-8 and will encompass a wide variety of subjects. Whether you are new to teaching or a seasoned veteran, you will be ready to start the school year with many new ideas to implement in your classroom! Students will be provided art materials they can take with them following course completion.

July 22-23 ... Progression of Writing

Writing is tied to every other teaching domain. Understanding the progression of writing and realistic expectations for students as, above, and below the grade level is vital in helping students become strong writers. In this hands-on course, participants will learn how each writing strand flows from grade level to grade level, as well as a variety of writing techniques instructors can use at any grade level to help improve writing in the classroom.

July 24-25 ... What They Didn't Teach You in School

According to research, teachers make an average of 1,500 decisions daily. Begin the year with tools and methods to stay ahead of your students. This hands-on course will teach you how to navigate the first week of school, daily routines, classroom behavior/management, parents (conferences), grading, disruptions, and so much more. Build a portfolio of resources tailored to your needs and start the year off right!



CCHS & SHHS Class of 1975 Join us for the

Reminisce...

Renew Friendships...

Rekindle Memories,

GLASS REUNICN

Friday- Sunday, August 29 - 31

No Host Cocktails
Friday Meet & Greet Registration @ Town &
Country Club

Saturday Banquet @ Town & Country Club Sunday Picnic at the Range Riders Museum \$75.00 per person

For More Information

CHUCK & JEANETTE CREMER

406-861-5599

CCHS & SHHS 50th Class
Reunion Facebook group at
https://www.facebook.com/

https://www.facebook.com/ groups/1091440732331776 JOHN AND CANDY LANEY

406-853-3232

MIKE SCHMITZ 406-951-3676

Fall 2025 Classes

Monday Soup and Sews - 5 - 9 pm - VFW - \$25

September 8 - Oxbow Bag

October 6 - Nova Table Topper

November 3 - Christmas Gifts - Price TBD

December 1 - Sew Jolly Santa Pillow

Saturday Classes - 9 - 4 - VFW - \$30

September 20 - National Jelly Roll Day - Jelly Roll Rug

October 18 - Buggy Barn Baubles Quilt

November 1 - Quilted Vest

December 6 - Scrappy Triangle Paper Piecing

Log Cabin Class - 5:30 - 8:00 - Sandhills Sewing - \$70

September 16 & 30

October 14 & 28



Milescitybluegrassfestival.com



SATURDAY'S MAY 17TH-OCTOBER 25TH 7:30 AM-12:00 PM RIVERSIDE PARK-MILES CITY

Also featuring...

- Antiques & Collectibles
- Handmade Crafts
- Handmade Jewelry
- And so much more!

Fresh-from our home to yours...

- Baked Goods
- Fruits & Veggies (in season)
- Jams & Jellies



- Vendors: Contact Bernadette Miller, at (406) 234-1639 to register
 - Adhering to MT State Cottage Food Rules is required
 - First-Time Vendors must make arrangements with Bernadette, before you set-up.
- Non-Profit & Charity Groups may vend for free,
 - Contact Bernadette prior to coming
- Many vendors accept Senior and WIC Vouchers for produce items











Unleashing Potential, Transforming Futures

2025, Quarter 2

Issue #3

Teachers Institute Registration Open

MCC has several community education classes available this summer as part of its annual Teachers Institute. Courses include CPR certification, mental health, history, quantum technology, literacy, geology, student engagement, and more. Teachers, community leaders, and high school age students are welcome to register. For more information, contact Elizabeth Smith at 406-874-6168 or smithe@milescc.edu. Register by visiting bit.ly/MCCTeachersInstitute



Job Site Ready Construction Training Complete



Three individuals completed the construction training course offered by Accelerate Montana and Jackson Contractor Group in partnership with MCC. Participants received a tool set, as well as an industry recognized credential for their 45 hours of hard work. Their efforts also resulted in the creation of a small utility shed.



WORKFORCE SOLUTIONS CELEBRATES COHORT SUCCESS

Sidney Health Center recently recognized four outstanding staff members, who successfully completed the Workforce Solutions Certificate Program in partnership with MCC. Cohort members took four courses over the span of two years, demonstrating exceptional dedication to their education.

Workforce Solutions is a way for businesses to use MCC courses to facilitate professional development, while also helping employees achieve their personal goals.

Digital Privacy Clinics

The University of Montana is hosting digital privacy clinics in several communities across the state, as well as virtually. These clinics are designed to teach attendees easy-to-follow strategies needed to protect themselves and their information online. No technical expertise is required.

More information about times and locations is available at -

eybermontana.org/eyent/cyber-hygiene-clinics

Mocoming

SBDC Network Trainings

Just a quick reminder that SBDC clients have access to multiple trainings offered all over Montana, both in-person and online, covering a variety of topics. Client accounts give current and future business owners the opportunity to learn more about financing strategies, marketing, bookkeeping, etc. All of the SBDC workshops are either free or offered at reduced cost.

Please visit https://mtsbdc.ecenterdirect.com/ to explore options and register.



Keeping Independence

This class is a full-body strength and conditioning class designed specifically for older adults. Here, we meet you where you are - offering a safe, supportive environment to help you build or maintain strength, mobility, and endurance needed for everyday life.

\$120/month

\$80/month for current patients

Our goal is to empower you to continue doing the things you love, with greater confidence and less risk of injury.

What to expect:

- Cardiovascular conditioning
- Upper and lower body strength training for daily function
- 45 minute guidéd class
- Supervision by a skilled clinician
- Personalized modifications to match your needs/abilities

Contact Us:



406.234.7009



Facebook @MT Made Sports Medicine and Rehab Instagram @mtmade_rehab



admin@mt-made.com