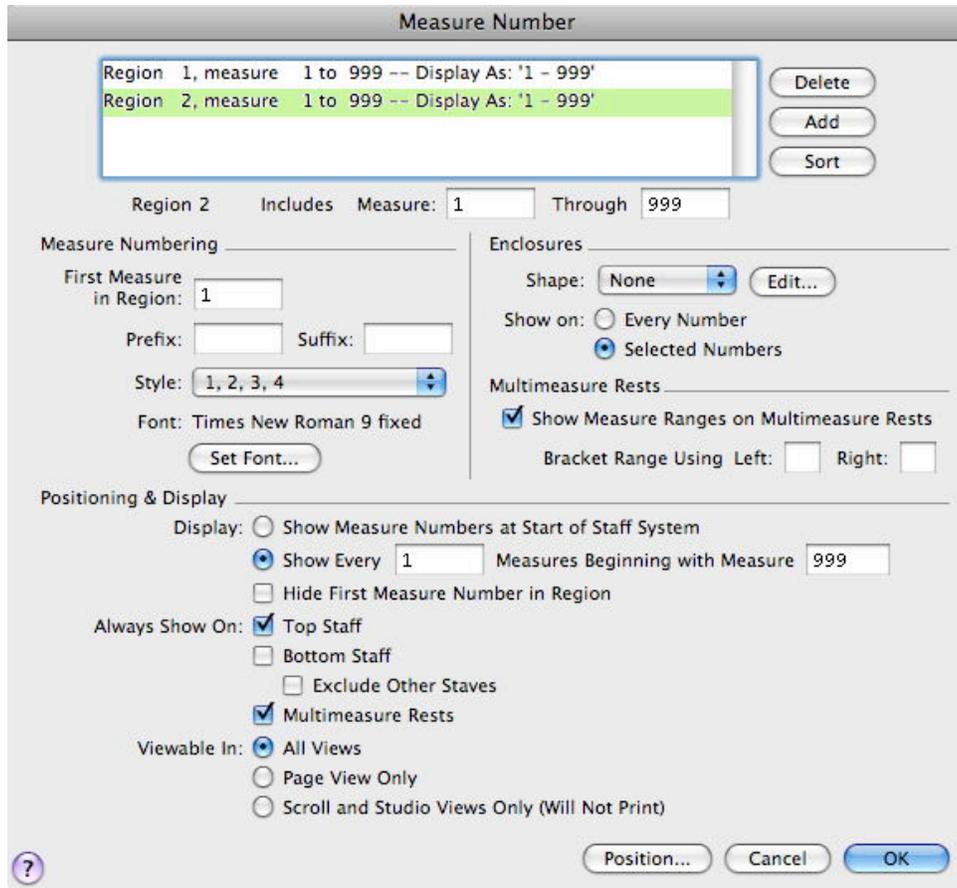A million thanks to Dan Powers (a Finale power user) for this cool trick:

You can include the hyphenated measure numbers, centered under a multimeasure rest, by adding a new Measure Number Region (Measure Tool, look in the Measure menu).
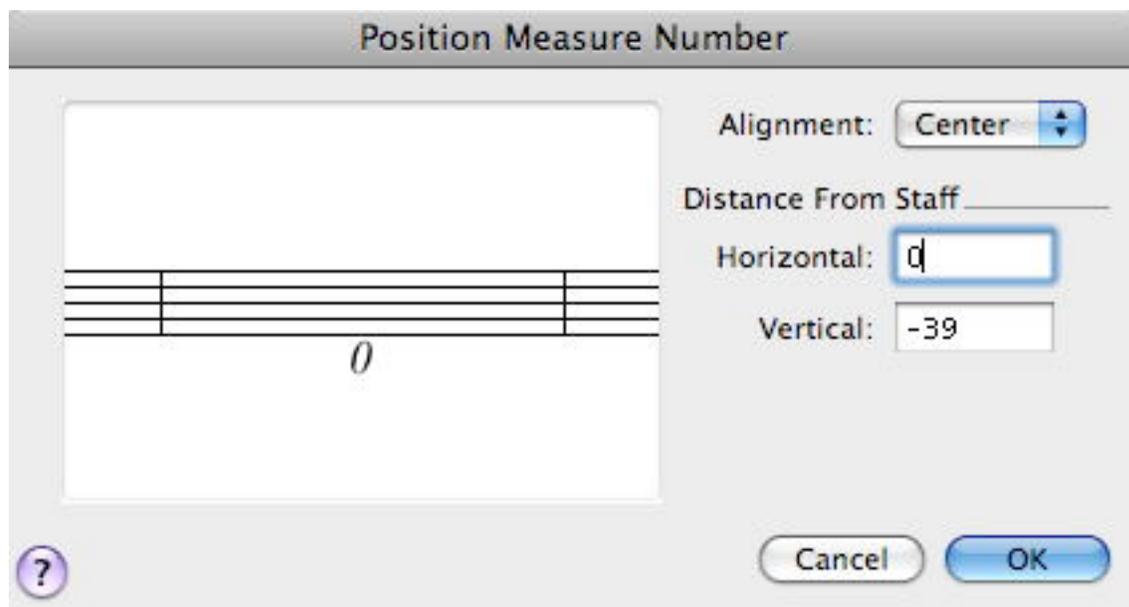The region should include the same measure range as your main region.
If you have more than one main region, you'll need to do this for every one.

Measure Number

Region 1, measure   1 to 999 -- Display As: '1 - 999'
Region 2, measure   1 to 999 -- Display As: '1 - 999'

Delete
Add
Sort

Region 2   Includes   Measure: 1   Through 999

Measure Numbering

First Measure in Region: 1

Prefix: Suffix:

Style: 1, 2, 3, 4

Font: Times New Roman 9 fixed

Set Font...

Enclosures

Shape: None   Edit...

Show on: ◯ Every Number
         ◉ Selected Numbers

Multimeasure Rests

☑ Show Measure Ranges on Multimeasure Rests

Bracket Range Using Left: Right:

Positioning & Display

Display: ◯ Show Measure Numbers at Start of Staff System
         ◉ Show Every 1   Measures Beginning with Measure 999
         ☐ Hide First Measure Number in Region

Always Show On: ☑ Top Staff
                ☐ Bottom Staff
                  ☐ Exclude Other Staves
                ☑ Multimeasure Rests

Viewable In: ◉ All Views
             ◯ Page View Only
             ◯ Scroll and Studio Views Only (Will Not Print)

?   Position...   Cancel   OK

Check "Show Measure Ranges on Multimeasure Rests".

Under "Positioning & Display", check "Always Show on Multimeasure Rests".
Also tell it to "Show Every 1 Measures Beginning with Measure 999" (this prevents it from being displayed anywhere other than on multimeasure rests).

Click the "Position" button, then under "Alignment", choose "Center", then position the measure number where you want it to be (in the screen shot "Points" are chosen as Measurement Units).

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