

CHAMPION NEWSLETTER

APRIL 2023



WELLNESS CHAMPIONS
O E B B

RESOURCE SPOTLIGHT

GRANT OPPORTUNITIES FROM KAISER PERMANENTE AND MODA HEALTH

Kaiser Permanente OEBB Wellness Space Grants - Application closes April 28

Kaiser Permanente is offering \$5,000 wellness space grants to help your school district, school, or workplace create a dedicated space for collaboration, relaxation, and stress reduction. School districts may apply for up to \$20,000 on behalf of 4 schools. Watch this short informational [video](#) and visit the OEBB Grant [page](#) for more information.

For general questions: Emmie Hiersche - emmie.hiersche@kp.org

Moda Health OEBB Wellness Funds

Wellness funds are for entities seeking support with their workplace health and wellness efforts. Grants for up to \$10,000 per calendar year are available.

For more information, reach out to a Health Promotion and Wellness Consultant at oebbwelnessprogram@modahealth.com

CHAMPION ACTION ITEMS

- Webinar:** Building a Healthy and Fun Fitness Routine, hosted by Moda Health. **Wednesday, April 19, 3:30-4:00pm.** Register [here](#).
- Spring is a great time to think about eating more fruits and vegetables! HealthyYou's latest activity is **Five to Thrive**, a fruit and vegetable challenge. Click [here](#) for a champion toolkit to help you implement Five to Thrive at your location. Registration opens **April 19** on the [HealthyYou portal](#).
- As an OEBB member, you have support to help you achieve your health goals. Health coaches, self-guided programs, webinars and more...there is something for everyone. Take a look at our [digital guide](#) to find programs by health area or medical carrier.

TIP OF THE MONTH:

Take Steps to Prevent Burnout

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive coping strategies for life's many ups and downs. Check out these [stress management resources](#) from Kaiser Permanente.

NEXT MEETING

Monday, April 10 at 3:30pm

Join this month's meeting to learn about resources available to OEBB members from Kaiser Permanente, discuss tips on engaging your colleagues in your wellness programming, and hear from OEA Trust grant recipient, Mt. Hood Community College.

[Watch the March meeting here.](#)

[Visit the OEBB Wellness Champion Page for more information!](#)

