



June 2025

Learning & Events

All times shown are Pacific Time.

Interested but can't make the date or time? Register anyway to get the recording.



Emotional Wellbeing



Financial Wellbeing



Physical Wellbeing



Total Wellbeing

Live Events

Spring & Summer Market Update: What to Expect in the Months Ahead



Tuesday, June 3, 9:30–11 a.m.

Get insights on home prices, mortgage rates, and what to expect from the housing market this summer.

Provided by Canopy

Register

Enter "OEGB" in the Name of Employer box. Canopy EAP webinars are open to OEGB members whose entities have elected to offer the Canopy EAP to their employees.

Eating for Mind and Body Health



Tuesday, June 3, 12–1 p.m.

Learn why nutrient-dense food is important for a healthy lifestyle.

Provided by Canopy

Register

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Homebuying 101: Your Complete Guide to Owning a Home



Wednesday, June 4, 8:30–9:30 a.m.

Learn the pros and cons of homeownership, the buying process, and how to prepare financially.

Provided by Canopy

Register

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The Keys to Preventing Diabetes



Thursday, June 5, 12–1 p.m.

Understand prediabetes, from symptoms to diagnosis and treatment. Get lifestyle tips to reduce your risk.

Provided by Kaiser Permanente

Register

Mindfulness in Nature, Part 2



Wednesday, June 11, 11:05–11:55 a.m.

Practice mindfulness and explore the connection between nature and wellbeing.

Provided by OEGB and Oregon Health Authority

Register

This is the second event in a two-part series. You do not need to have attended Part 1 to register for Part 2.

Whole Body Health



Tuesday, June 17, 3:30–4:30 p.m.

Improve your total wellbeing with nutrition, movement, and mindfulness.

Provided by Canopy

Register

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Nourishing from Within: A Dive into Nutrition for Optimal Gut Health



Wednesday, June 18, 3:30–4 p.m.

Learn how fermented foods benefit your gut.

Provided by Moda Health

Register

Monthly Spotlights

Attention Harney County Members! A Mobile Eye Clinic Is Coming to You!



Wednesday, August 20, 8:30 a.m.–5 p.m.

Thursday, August 21, 8:30 a.m.–5 p.m.

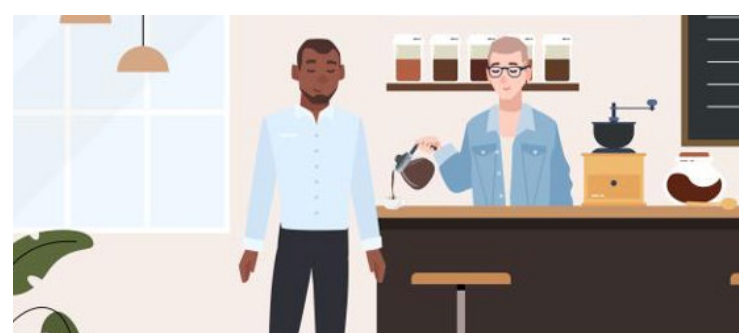
Harney County School District Central Office—Board Room (Burns, OR)

The mobile eye clinic makes it easy and convenient to take care of your vision care needs. Get your eyes examined, choose glasses, and get fit for contacts. Family members (age 8 and older) who are enrolled in your vision plan may also make appointments.

Provided by VSP and OnSight Eyes

Book Your Exam

Connections: Meet Tyler



Meet Tyler, who changed his coffee order to support his digestive health.

View On Demand

Health Talks: Questions Nutritionists Get Asked at Parties



Tune in to OEGB's podcast each month for a new episode. This month, get answers to some of the most common questions about digestive health.

View On Demand

On Demand

Eat Your Way to Better Health!



Find gut-friendly food options.

Provided by Canopy

View On Demand

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Letting Your Emotions Interfere with Eating?



Identify emotional eating triggers and develop management strategies.

Provided by Canopy

View On Demand

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What Stress and Diet Have in Common



Explore the connection between stress, digestion, and gut health.

Provided by Canopy

View On Demand

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Fermented Food for Gut Health



Learn how fermented foods improve gut health.

Provided by Moda Health

View On Demand

Inflammation 101



Learn which foods commonly cause inflammation and how diet changes can improve symptoms.

Provided by Moda Health

View On Demand

How Oral Health Impacts Digestive Health



Learn how oral health and digestion are connected.

Provided by Willamette Dental

View On Demand

Foods That Fuel Immunity



Boost your immune system with the foods you eat.

Provided by Omada through Kaiser Permanente

View On Demand

Eating for Eye Health: Summer Produce to Watch For



Support your eye health by eating the right foods. Plus, get recipes that incorporate nutrient-rich summer produce.

Provided by VSP

Read Article

WeightWatchers Overview



Learn how WeightWatchers supports your wellness and weight-loss goals.

Provided by WeightWatchers

View On Demand

Ongoing Events

- **Kaiser Permanente Live and On Demand Webinars**
- **Moda Health Live Webinar Schedule**
- **Moda Health On Demand Webinars**
- **Canopy Live Webinar Schedule—OEGB**
- **Canopy Live Webinar Schedule—General**
- **Canopy On Demand Webinars**
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- **WeightWatchers Virtual Workshop**
Thursdays, 8–8:30 a.m.
- **WeightWatchers 101 Workshop**
- **Omada Health On Demand Webinars**
- **Virta Health On Demand Webinars**
- **Virta Health Podcast: Your Life, Reset**

You can join any of the webinars, even if you aren't enrolled in the plans. However, if your entity has not elected to offer the Canopy EAP to its employees, you can't access on-demand Canopy content.

Benefits questions?

Email: oebb.benefits@odhsoha.oregon.gov
Phone: 888-4MY-OEGB (888-469-6322)

