



December 2025

Learning & Events

All times shown are Pacific Time.

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

[Live Events](#)

[Monthly Spotlights](#)

[On Demand](#)

[Ongoing Events](#)



Emotional Wellbeing



Financial Wellbeing



Physical Wellbeing



Total Wellbeing

Live Events

Purpose, Connection & Hope



Thursday, December 4, noon–1 p.m.
Understand the impact of social isolation and burnout.

Provided by Kaiser Permanente

[Register](#)

Healthy Functional Relationships



Tuesday, December 9, 3:30–4:30pm
Provided by Canopy

[Register](#)

Log in or register using the link above. To register with Canopy, use OEGB as your Organization Name. Canopy EAP webinars are open to OEGB members whose entities have elected to offer the Canopy EAP to their employees.

Move Well: Lower Back & Hips



Wednesday, December 17, 3:30–4 p.m.
Create a plan to reduce your risk of lower back and hip injuries.

Provided by Moda Health

[Register](#)

Monthly Spotlights

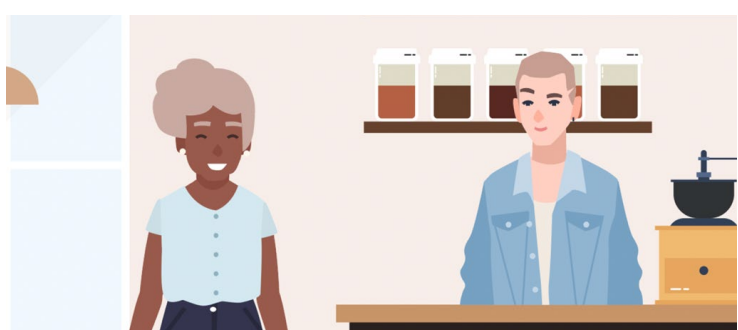
Walk with Ease



Participate in a walking program to stay active — at no cost to you!

[Sign Up Now!](#)

Connections: Meet LaShawn



Hear from LaShawn about cupping, a method to reduce inflammation and pain.

[View On Demand](#)

Physical Therapy and Coaching for Muscle and Bone Issues



Tune in to OEGB's podcast each month for a new episode. This month, learn about physical therapy options.

[View On Demand](#)

On Demand

Inflammation 101



Learn about inflammation and its impact on your body.

Provided by Moda Health

[View On Demand](#)

Tools for Managing Stress



Get quick tips for managing stress levels.

Provided by Moda Health

[View On Demand](#)

15-Minute Stretch Break



Loosen your muscles with a 15-minute stretch.

Provided by Moda Health

[View On Demand](#)

Master Your Mind: Emotional and Physical Health Connections



Explore the mind-body connection.

Provided by Canopy

[View On Demand](#)

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Parts of the Eye



Discover the parts of the human eye.

Provided by VSP

[Read Article](#)

Ongoing Events

- [Kaiser Permanente Monthly Webinar Series](#)
- [WeightWatchers Thursday Workshops](#)
- [Moda Health Live and On-Demand Webinars](#)
- [Canopy Live Webinar Series](#)
Enter "OEGB" in the Organization box. Canopy EAP webinars are open to OEGB members whose entities have elected to offer the Canopy EAP to their employees.
- [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)

