

# January 2026 Learning & Events

Click on the link to a specific event to navigate to more details.



## Attend live events and workshops

- [Building a Resilient Self](#)
- [Your Unstoppable Start](#)
- [Goal Setting](#)



## Watch quick video clips

- [Connections: Meet Gus](#)
- [What Is Garner?](#)
- [Budgeting, Planning, and Empowerment for Financial “Wellth”](#)



## Listen to podcasts and videos



## Read articles and websites

- [Health Talks: How OEBB’s Benefits Stack Up](#)

- [Prioritize Your Health and Your Budget with VSP](#)



## Ongoing Events

- [Click here for more information about ongoing events.](#)

Benefits questions?



[oebb.benefits@odhs.oregon.gov](mailto:oebb.benefits@odhs.oregon.gov)



888-469-6322



## Attend live events and workshops



All times shown are Pacific Time.

### Building a Resilient Self

Provided by Kaiser Permanente

Thur.  
Jan.  
8

Time  
**12–1 pm**

Improve your resilience with new tools and resources.

[Register](#)

### Your Unstoppable Start

Provided by WeightWatchers

Thur.  
Jan.  
15

Time  
**10–10:45 am**

Build resilience to achieve your wellness goals.

[Register](#)

### Goal Setting

Provided by Canopy

Tue.  
Jan.  
20

Time  
**12–1 pm**

Get tips on setting and maintaining goals for 2026.<sup>1</sup>

[Register](#)

1. Log in or register using the “Register” link. Canopy EAP webinars are open to OEBB members whose entities have elected to offer the Canopy EAP to their employees.



**Watch**  
quick video clips



## Connections: Meet Gus

**24/7**



Meet Gus, who is exploring cost savings with his new medical plan options.

[View](#)

## What Is Garner?

Provided by Garner and Moda Health

**24/7**

Learn how you can use Garner to cover health care costs.

[View](#)

## Budgeting, Planning, and Empowerment for Financial “Wellth”

Provided by Moda Health

**24/7**

Learn financial literacy to improve your wellbeing.

[View](#)



**Listen**  
to podcasts and videos



## Health Talks Podcast: How OEBB's Benefits Stack Up

24/7

Health  
Talks



A podcast brought to you by



Tune in to OEBB's podcast each month for a new episode. This month, hear from a health care expert about how OEBB's benefits help and support you.

[Listen](#)



## Read articles and websites



### Prioritize Your Health and Your Budget with VSP

Provided by VSP

24/7

Learn about the eyewear savings available through VSP.

[Read](#)



## Ongoing Events

→ **Kaiser Permanente Monthly Webinar Series**

→ **WeightWatchers Thursday Workshops**

→ **Moda Health Live and On-Demand Webinars**

→ **Canopy Live Webinar Schedule**

Enter “OEBB” in the Organization box. Canopy EAP webinars are open to OEBB 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.