

# March 2026 Learning & Events



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



## Attend live events and workshops

- [Mindful Mondays: Mindful Eating Guided Meditation](#)
- [Food and Your Mood](#)
- [Celebrate You: Body Positivity for Every Body](#)
- [Wellbeing Wednesdays: Healthy Weight](#)



## Watch quick video clips

- [Connections: Meet Monique](#)
- [Meet Garner](#)
- [Canopy EAP Orientation](#)
- [Time to Believe with Omada](#)
- [Understanding Prediabetes and Diabetes](#)



## Listen to podcasts and videos

- [Health Talks: Make the Most of Your Lesser-Known Benefits](#)



## Read articles and websites

- [Quitting Nicotine](#)
- [Cultivating Health: Freedom from Tobacco](#)
- [Healthy Living](#)



## Ongoing Events

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

Benefits questions?



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



888-469-6322



## Attend live events and workshops



All times shown are Pacific Time.

### Mindful Mondays: Mindful Eating Guided Meditation

Provided by  
Kaiser Permanente

Mon.  
Mar.  
2

Time  
9–10 am

Increase awareness of how food makes your body feel.

[Register](#)

### Food and Your Mood

Provided by Kaiser Permanente and  
Uplift Oregon

Thurs.  
Mar.  
5

Time  
12–1 pm

Learn about the connection between eating habits and your mood.

[Register](#)

### Celebrate You: Body Positivity for Every Body

Provided by Kaiser Permanente

Mon.  
Mar.  
16

Time  
12–1 pm

Find ways to feel balanced and confident in your body.

[Register](#)

### Wellbeing Wednesdays: Healthy Weight

Provided by  
Kaiser Permanente

Wed.  
Mar.  
18

Time  
9–10 am

Explore ways to support weight management.

[Register](#)



## Watch quick video clips



### Connections: Meet Monique

24/7



Meet Monique and learn about one of the specialized care programs available to OEGB members.

[View](#)

### Meet Garner

Provided by Garner and Moda Health

24/7

See how Garner can be used to repay Moda Health members for the cost of eligible medical expenses.

[View](#)

### Canopy EAP Orientation

Provided by Canopy

24/7

Learn about the support Canopy offers through its Employee Assistance Program (EAP).

[View](#)

[Ver en Español](#)

### Time to Believe with Omada

Provided by Omada

24/7

Find out about the weight management offerings available through Omada.

[View](#)

### Understanding Prediabetes and Diabetes

Provided by Omada

24/7

Learn about care options available for prediabetes and diabetes.

[View](#)



**Listen**  
to podcasts and videos



## Health Talks: Make the Most of Your Lesser-Known Benefits

24/7

**Health  
Talks**



Tune in to OEGB's podcast each month for a new episode. This month, find out about specialized care available through OEGB's medical plans.

[Listen](#)



## Read articles and websites



### Quitting Nicotine

Provided by Kaiser Permanente

24/7

Develop a strategy to quit nicotine use.

[Read](#)

### Cultivating Health: Freedom from Tobacco

Provided by Kaiser Permanente

24/7

Explore a resource with step-by-step strategies for quitting nicotine.

[Read](#)

### Healthy Living

Provided by Kaiser Permanente

24/7

Find wellness classes and resources.

[Read](#)



## Ongoing Events

→ [Kaiser Permanente Monthly Webinar Series](#)

→ [WeightWatchers Thursday Workshops](#)

→ [Moda Health Live and On-Demand Webinars](#)

→ [Canopy Live Webinar Schedule](#)<sup>1</sup>

Enter “OEBC” in the Organization box. Canopy EAP webinars are open to OEBC members whose entities have elected to offer the Canopy EAP to their employees.

→ [Virta Health Podcast: Your Life, Reset](#)

1. 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.