



## **OEBB Learning & Events — May 2026**

### **Attend Live Events and Workshops**

All times listed are Pacific time.

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#### **More Than a Mouthful: Navigating the Emotional Side of Eating**

**Provider:** WeightWatchers

**Date:** Wednesday, May 6, 2026

**Time:** 10:00–11:00 a.m.

**Description:** Join this conversation on how to navigate stress and eat healthy.

**[Register for: More Than a Mouthful](#)**

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#### **Caring for an Aging Loved One**

**Provider:** Kaiser Permanente

**Date:** Thursday, May 7, 2026

**Time:** 12:00–1:00 p.m.

**Description:** Understand the impact of caring for elderly parents.

**[Register for: Caring for An Aging Loved One](#)**

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#### **Find Your Flow: Connecting with Creativity to Improve Your Mental Wellbeing**

**Provider:** Kaiser Permanente

**Date:** Monday, May 18, 2026

**Time:** 12:00–1:00 p.m.

**Description:** Explore using creative tactics to improve your mental wellbeing.

**[Register for: Connecting with Creativity to Improve Your Mental Wellbeing](#)**

## **Wellbeing Wednesdays: Digital Detox**

**Provider:** Kaiser Permanente

**Date:** Wednesday, May 20, 2026

**Time:** 9:00–10:00 a.m.

**Description:** Learn how to decompress from technology.

[Register for: Digital Detox](#)

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## **Building Resiliency and Tools for Stress Management**

**Provider:** Moda Health

**Date:** Wednesday, May 20, 2026

**Time:** 3:30–4:30 p.m.

**Description:** Improve your health with simple tools for stress management, resiliency, and mindfulness.

[Register for: Building Resiliency & Tools for Stress Management](#)

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## **Choosing Your Path: Understanding and Authoring Your Mental Health Journey**

**Provider:** Spring Health through Moda Health

**Date:** Thursday, May 28, 2026

**Time:** 11:00 a.m. –12:00 p.m.

**Description:** Discover how the right support can help your mental health.

[Register for: Choose Your Path](#)

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## **Watch On-Demand Videos**

### **Connections: Meet Julie**

**Description:** Meet Julie and find out about how different mental health resources can help support you.

**Watch:** [Connections: Meet Julie](#)

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### **Healthy Habits at Home for Families**

**Provider:** Moda Health

**Description:** Learn about setting healthy boundaries with family members.

**Watch:** [Healthy Habits at Home for Families](#)

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### **Great Blue Heron Breathing and Stretching Meditation**

**Provider:** Moda Health

**Description:** Practice a guided stretching and meditation exercise.

**Watch:** [Great Blue Heron Breathing and Stretching Meditation](#)

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### **Understand Anxiety and the Autonomic Nervous System**

**Provider:** Moda Health

**Description:** Discover how to better manage anxiety and calm your nervous system.

**Watch:** [Understand Anxiety and The Autonomic Nervous System](#)

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## **Listen to Podcasts**

### **Health Talks: Taking Care of Your Mind and Wellbeing**

**Description:** Learn about counseling, coaching, and self-help resources for dealing with mental health and anxiety.

[Listen: to Health Talks Episode](#)

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## **Ongoing Events**

Click on the links below to explore the webinar series available to OEBC members.

[Walk With Ease Exercise Program](#)

[Kaiser Permanente: Monthly Webinar Series](#)

[Kaiser Permanente: Mindful Mondays](#)

[Kaiser Permanente: Wellbeing Wednesdays](#)

[Kaiser Permanente: Activate Webinar Series](#)

[WeightWatchers: Thursday Workshops](#)

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

[Canopy: Live Webinar Schedule](#)

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

## **Benefits Questions?**

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