



OEGB Learning & Events — April 2026

Attend Live Events and Workshops

All times listed are Pacific time.

Why Sleep Matters

Provider: Kaiser Permanente and Uplift Oregon

Date: Thursday, April 2, 2026

Time: 12:00–1:00 p.m.

Description: Learn about the benefits of sleep, strategies for healthy sleep, and relaxation exercises.

[Register for: Why Sleep Matters](#)

Mindful Mondays: Meditation and Breathing for Better Health

Provider: Kaiser Permanente

Date: Monday, April 6, 2026

Time: 9:00–10:00 a.m.

Description: Discover how meditation and breathing can improve your wellbeing.

[Register for: Meditation and Breathing for Better Health](#)

Nutrition and Neurodivergence

Provider: Moda Health

Date: Wednesday, April 15, 2026

Time: 3:30–4:00 p.m.

Description: Learn how food and nutrients impact your mental wellbeing.

[Register for: Nutrition and Neurodivergence](#)



Garner Health Reimbursement Benefit

Provider: Garner Health

Description: Join one of two sessions to learn about the Garner Health reimbursement benefit available to OEBC members enrolled in a Moda health plan.

First Session Offering

Date: Thursday, April 16, 2026

Time: 4:30–5:30 p.m.

[Register for: First Session of Garner Health Reimbursement Benefit](#)

Second Session Offering

Date: Monday, April 20, 2026

Time: 4:00–5:00 p.m.

[Register for: Second Session of Garner Health Reimbursement Benefit](#)

Cultivating Compassion

Provider: Kaiser Permanente

Date: Monday, April 20, 2026

Time: 12:00–1:00 p.m.

Description: Explore what it means to cultivate compassion for yourself and others.

[Register for: Cultivating Compassion](#)

Change: The Path of Least Resistance

Provider: Canopy

Date: Tuesday, April 21, 2026

Time: 10:00–10:45 a.m.

Description: Embrace and learn from life changes.

[Register for: Change: The Path of Least Resistance](#)



Wellbeing Wednesdays: Benefits of Moving in Nature

Provider: Kaiser Permanente

Date: Wednesday, April 22, 2026

Time: 9:00–10:00 a.m.

Description: Discuss the physical and mental benefits of exercise in nature.

[Register for: Benefits of Moving in Nature](#)

Watch On-Demand Videos

Connections: Meet Jayden

Description: Meet Jayden and find out about fitness discounts available to OEBC members.

Watch: [Connections: Meet Jayden](#)

Why Sleep Matters

Provider: Kaiser Permanente and Uplift Oregon

Description: Learn about the benefits of sleep, strategies for healthy sleep, and relaxation exercises.

Watch: [Why Sleep Matters](#)

Party Pump Up

Provider: Moda Health

Description: Spend two minutes doing movements to increase your energy.

Watch: [Party Pump Up](#) **Provider:** Moda Health

Instructions: If you are a Moda Health member, log in using your email address and password or create an account using the “Sign up” link. This video is available for Moda Health members only.

Evening Unwind

Provider: Moda Health

Description: Use movement to unwind after work.

Watch: [Evening Unwind](#)

Instructions: If you are a Moda Health member, log in using your email address and password or create an account using the “Sign up” link. This video is available for Moda Health members only.



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](#)



Listen to Podcasts

OEGB Health Talks: Fitness Benefits

Description: Hear about the fitness offerings available through each of OEGB's medical plan carriers.

[Listen to: Health Talks Episode](#)

Read Articles and Resources

Walking for Eye Health: What You Need to Know

Provider: VSP

Description: Walk to achieve wellbeing and eye health.

[Read: Walking for Eye Health: What You Need to Know](#)

6 Easy Ways to Keep Your Eyes Healthy

Provider: VSP

Description: Learn about six simple steps to protect your eye health.

[Read: 6 Easy Ways to Keep Your Eyes Healthy](#)



Ongoing Events

Click on the links below to explore the webinar series available to OEBB 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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