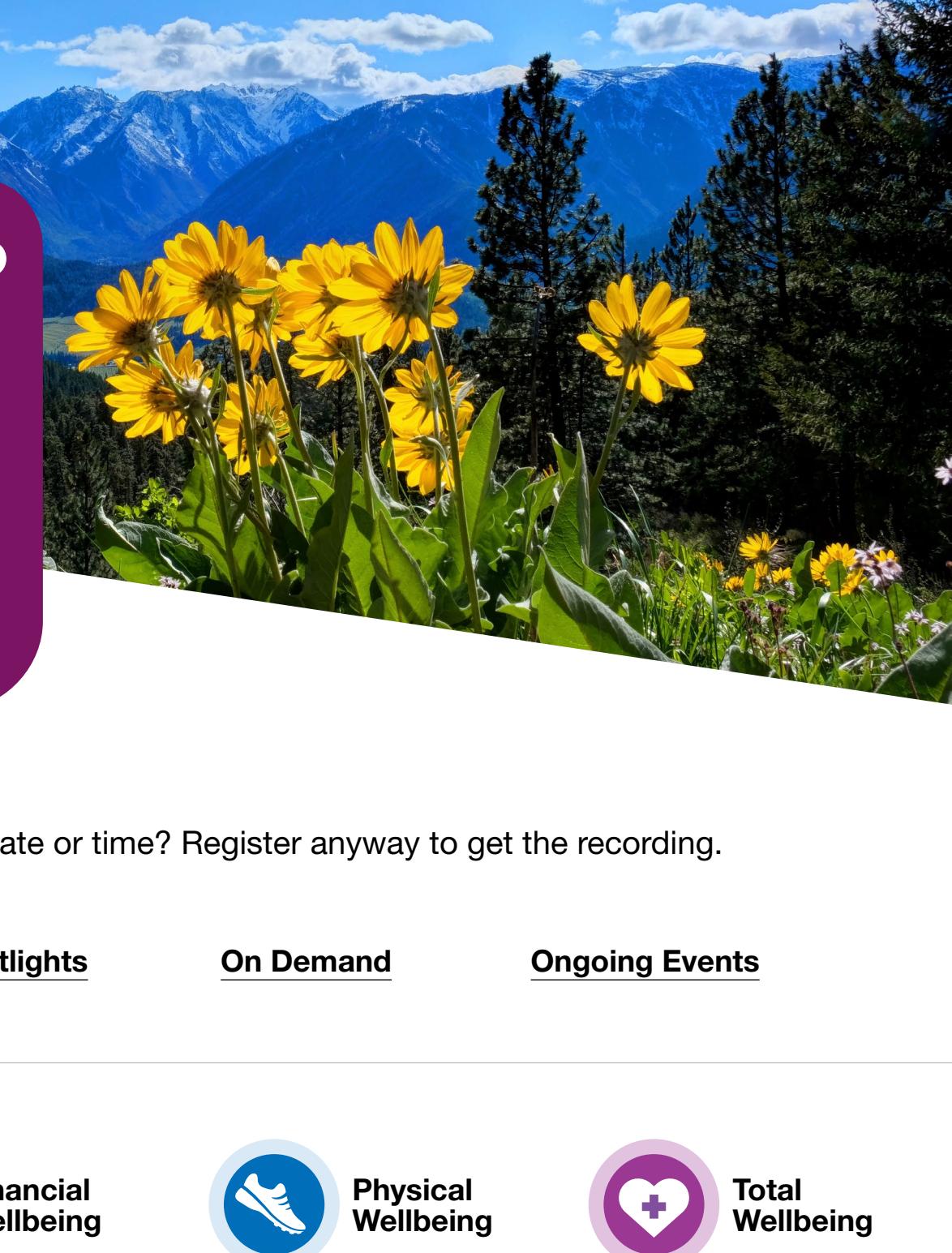




August 2025

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



Emotional Wellbeing



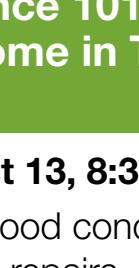
Financial Wellbeing

On Demand



Physical Wellbeing

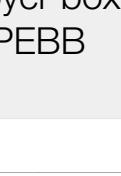
Ongoing Events



Total Wellbeing

Live Events

Taking Care of Yourself – Sleep, Exercise, Love and Food



Thursday, August 7, 12–1 p.m.

Practice daily self-care through sleep, exercise, love and food.

Provided by Kaiser Permanente

[Register](#)

Raising a Money-Smart Kid: Back-to-School Edition



Tuesday, August 12, 10:30–11:30 a.m.

Thursday, August 21, 5:30–6:30 p.m.

Get tips on educating children about financial responsibility.

Provided by Canopy

[Register](#)

Enter "PEBB" in the Name of Employer box. Canopy EAP webinars are open to PEBB members (except OSU employees).

Caregiver Support



Tuesday, August 12, 10–11 a.m.

Learn to balance caregiving with other aspects of your life.

Provided by Canopy

[Register](#)

Enter "PEBB" in the Organization box. Canopy EAP webinars are open to PEBB members (except OSU employees).

Home Maintenance 101: Keeping Your Home in Top Shape



Wednesday, August 13, 8:30–9:30 a.m.

Keep your home in good condition year-round to avoid costly repairs.

Provided by Canopy

[Register](#)

Enter "PEBB" in the Name of Employer box. Canopy EAP webinars are open to PEBB members (except OSU employees).

Lyra Live Events for August



Use the link below to see August's live events.

Join a Lyra event to discuss parenting strategies, healthy coping strategies, and more.

Provided by Lyra Health

[View and Register for Events](#)

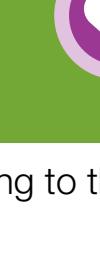
Log in to your Lyra account. Go to the "Library" tab to register for an event.

[Lyra Live Events Summary](#)

Lyra Health webinars are open to OSU employees only.

Monthly Spotlights

Connections: Meet Tonya



Video

Find out about the Tooth Taxi, a mobile dental clinic offering free children's dental care.

[View On Demand](#)

Health Talks: The Golden Rules of Dental Care



Podcast

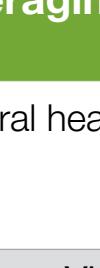
Health Talks

A podcast brought to you by pebb

Tune in to PEBB's podcast each month for a new episode. This month, get tips on how to improve your oral health.

[View On Demand](#)

Delta Dental of Oregon and Alaska – PPO Dental Network



If you have Delta Dental through Moda Health, learn how to make the most of your PPO network.

Provided by Moda Health and Delta Dental

[View On Demand](#)

Overall Oral Health



Learn how oral health impacts your total wellbeing.

Provided by Moda Health and Delta Dental

[View On Demand](#)

Oral Health Best Practices



Discover tips, tricks, and best practices for oral health.

Provided by Moda Health and Delta Dental

[View On Demand](#)

Dental Care for Pregnancy and Young Children



Learn about oral health during pregnancy and for newborn babies.

Provided by Willamette Dental

[View On Demand](#)

Intro to Orthodontics



Find out about different types of orthodontic treatment.

Provided by Willamette Dental

[View On Demand](#)

Achieving Oral Health for Whole-Person Wellness



Achieve long-term oral health and improve your total wellbeing.

Provided by Willamette Dental

[View On Demand](#)

Easing Dental Anxiety

Find ways to ease anxiety when going to the dentist.

Provided by Willamette Dental

[View On Demand](#)

How Oral Health Impacts Digestive Health

Learn how oral health and digestion are connected.

Provided by Willamette Dental

[View On Demand](#)

Dental Cleaning Frequency

Get quick tips on teeth cleaning.

Provided by Willamette Dental

[View On Demand](#)

How to Stop Sugar Addiction

Find ways to regulate the sugar you eat.

Provided by Providence Health

[Listen To Podcast](#)

Stay Motivated: Tips for Leveraging Your Super Power

Learn to create and maintain good oral health habits.

Provided by Canopy

[View On Demand](#)

Log in or register using the link above. To register with Canopy, enter "PEBB" in the Organization Name box. Canopy EAP webinars are open to PEBB members (except OSU employees).

- [Kaiser Permanente Live and On-Demand Webinars](#)
- [Moda Health Live Webinar Schedule](#)

- [Providence Healthy Bites Podcast – Listen on Spotify](#)
- [Canopy Live Webinar Schedule](#)

Enter "PEBB" in the Name of Employer box. Canopy EAP webinars are open to PEBB members (except OSU employees).

- [WeightWatchers Wednesday Workshops](#)
Wednesdays, 7:15–7:45 a.m. &
Wednesdays, 12–12:30 p.m.

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

Benefits Questions?

Email: pebb.benefits@odhscha.oregon.gov

Phone: 503-373-1102

Note: Canopy EAP webinars are open to PEBB members (except OSU employees). Lyra Health EAP webinars are open to OSU employees only. You can join any of the other webinars, even if you aren't enrolled in the plans.

If there's a live video above that you aren't interested in, or if you aren't covered by EAP, check if yours offers something similar.

Benefits Questions?

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