



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](#)

[Monthly Spotlights](#)

[On Demand](#)

[Ongoing Events](#)



**Emotional Wellbeing**



**Financial Wellbeing**



**Physical Wellbeing**



**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](#)

### 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).

### 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).

### 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](#)

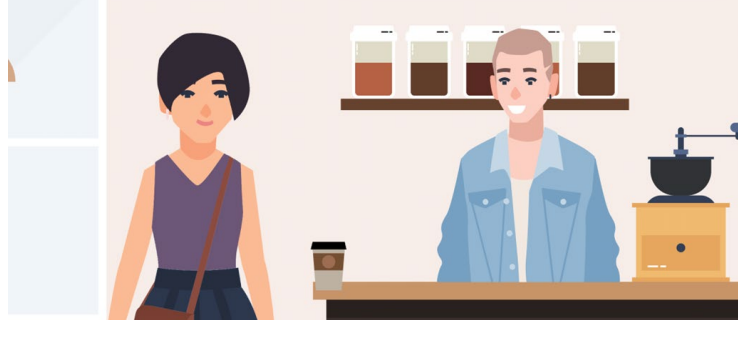
Log in to your Lyra account. Go to the “Library” tab to register for an event.

[Lyra Live Events Summary](#)

Lyra Health webinars are open to OSU employees only.

## Monthly Spotlights

### Connections: Meet Tonya



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



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](#)

## 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).

## Ongoing Events

- [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](#)

**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 event or an on-demand video above that isn't covered by your EAP, check if yours offers something similar.

### Benefits questions?

Email: [pebb.benefits@odhsoha.oregon.gov](mailto:pebb.benefits@odhsoha.oregon.gov)  
Phone: 503-373-1102

