

November 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

Mindset Matters

Thursday, November 13, 10–11 a.m.
Achieve lasting wellness with the right mindset.

Provided by WeightWatchers

Register

Motivation for Change

Thursday, November 13, 12–1 p.m.
Prepare to take small steps toward change in your life.

Provided by Kaiser Permanente

Register

Lyra Live Events for November

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

Join a Lyra event to discuss mental health around the holidays, managing exhaustion, 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.

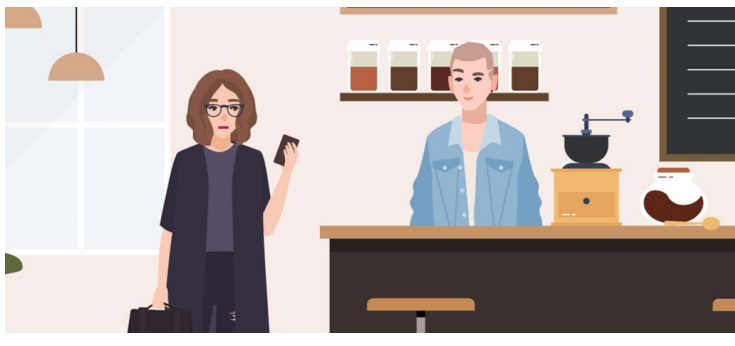
Monthly Spotlights

Walk with Ease

Participate in a simple walking program to stay active. The program is available at no cost to you.

Sign Up Now!

Connections: Meet Alex



Meet Alex, who learns about lowering her risk for Type 2 diabetes.

View On Demand

Health Talks: Diabetes: The Types and Treatment Options



Tune in to PEBB's podcast each month for a new episode. This month, learn about the types of diabetes and treatment options.

View On Demand

On Demand

Eat Your Way to Better Health!



Learn strategies and resources for eating healthy.

Provided by Canopy

View On Demand

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

Staying Healthy as You Age



Explore how mindset, nutrition, and daily behaviors support long-term health.

Provided by Canopy

View On Demand

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What Stress and Diet Have in Common



Explore the connection between stress and gut health.

Provided by Canopy

View On Demand

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Diabetes: Managing Today for a Healthier Tomorrow



Learn proactive steps to prevent and manage diabetes.

Provided by Providence Health

View on Demand

Ver bajo demanda

Food as Medicine



Explore the role of nutrition in ongoing health conditions.

Provided by Virta Health through Moda Health

View On Demand

Eye Health and Pre-Diabetes & Diabetes



Read about the connection between diabetes and eye health.

Provided by VSP

Read Article: Diabetes and Eye Health

Read Article: Pre-Diabetes and Eye Health

Annual Eye Exam and Diabetic Retinopathy



Learn how eye exams help you stay healthy.

Provided by VSP

View On Demand

Ongoing Events

- [Kaiser Permanente Live and On-Demand Webinars](#)
- [WeightWatchers Wednesday Workshops](#)
- [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).
- [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

Phone: 503-373-1102