



December 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

### Purpose, Connection & Hope



**Thursday, December 4, noon–1 p.m.**

Understand the impact of social isolation and burnout.

**Provided by Kaiser Permanente**

[Register](#)

### Lyra Live Events for December



**Use the link below to see December's live events.**

Join a Lyra event to discuss navigating the holiday season, stress management, 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

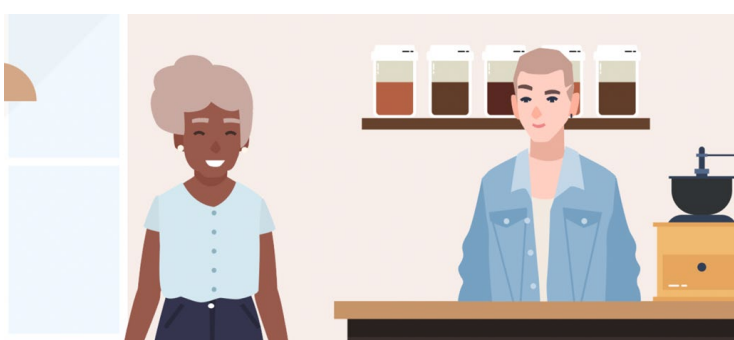
### Walk with Ease



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

[Sign Up Now!](#)

### Connections: Meet LaShawn



Hear from LaShawn about cupping, a method to reduce inflammation and pain.

[View On Demand](#)

### Physical Therapy and Coaching for Muscle and Bone Issues



#### Health Talks



A podcast brought to you by

Tune in to PEBB's podcast each month for a new episode. This month, learn about physical therapy options.

[View On Demand](#)

## On Demand

### Meet Kaia Health



Learn about Kaia, a digital therapy program available to those enrolled in a Providence Health plan.

**Provided by Kaia Health through Providence Health**

[Watch Intro Video – English](#)

[Watch How To Use Video – English](#)

[Watch Intro Video – Español](#)

[Watch How To Use Video – Español](#)

### Lower Back & Hip Health



Create a plan to reduce your risk of lower back and hip injuries.

**Provided by Moda Health**

[View On Demand](#)

### 15-Minute Stretch Break



Loosen your muscles with a 15-minute stretch.

**Provided by Moda Health**

[View On Demand](#)

### Foam Rolling 101: Restore and Reenergize



Practice the basics of foam rolling to alleviate your muscle pain.

**Provided by Moda Health**

[View On Demand](#)

### Master Your Mind: Emotional and Physical Health Connections



Explore the mind-body connection.

**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).

### Parts of the Eye



Discover the parts of the human eye.

**Provided by VSP**

[Read Article](#)

## 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](mailto:pebb.benefits@odhsoha.oregon.gov)

Phone: 503-373-1102

