

January 2026 Learning & Events

Click on the link to a specific event to navigate to more details.



Attend live events and workshops

- [Building a Resilient Self](#)
- [Your Unstoppable Start](#)
- [Lyra Live Events for January](#)



Watch quick video clips

- [Connections: Meet Tyler](#)
- [What Is Garner?](#)
- [Budgeting, Planning, and Empowerment for Financial “Wellth”](#)



Listen to podcasts and videos

- [Health Talks: How PEBB’s Benefits Stack Up](#)



Read articles and websites

- [Prioritize Your Health and Your Budget with VSP](#)



Ongoing Events

- [Click here for more information about ongoing events.](#)

Benefits questions?



pebb.benefits@odhsoha.oregon.gov



503-373-1102



Attend live events and workshops



All times shown are Pacific Time.

Building a Resilient Self

Provided by Kaiser Permanente

Thur.
Jan.
8

Time
12–1 pm

Improve your resilience with new tools and resources.

[Register](#)

Your Unstoppable Start

Provided by WeightWatchers

Thur.
Jan.
15

Time
10–10:45 am

Build resilience to achieve your wellness goals.

[Register](#)

Lyra Live Events for January

Provided by Lyra through OSU

Dates and times
vary. [View and
register for
events.](#)

Join a Lyra event to discuss mental health, self care in the new year, and more.¹

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

[Register
for
Events](#)

[Lyra Live
Events
Summary](#)

1. Lyra Health webinars are open to OSU employees only.



Watch quick video clips



Connections: Meet Tyler

24/7



Meet Tyler, who is exploring cost savings with his new medical plan options.

[View](#)

What Is Garner?

Provided by Garner and Providence Health and Moda Health

24/7

Learn how you can use Garner to cover health care costs.

[View](#)

Budgeting, Planning, and Empowerment for Financial “Wellth”

Provided by Moda Health

24/7

Learn financial literacy to improve your wellbeing.

[View](#)



Listen
to podcasts and videos



Health Talks Podcast: How PEBB's Benefits Stack Up

24/7

**Health
Talks**

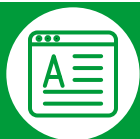


A podcast brought to you by



This month, hear from a health care expert about how PEBB's benefits package compares to other organizations.

[Listen](#)



Read articles and websites



Prioritize Your Health and Your Budget with VSP

Provided by VSP

24/7

Learn financial literacy to improve your wellbeing.

[Read](#)



Ongoing Events

- [**Kaiser Permanente Monthly Webinar Series**](#)
- [**WeightWatchers Wednesday Workshops**](#)
- [**Moda Health Live and On-Demand Webinars**](#)
- [**Providence Healthy Bites Podcast — Listen on Spotify**](#)
- [**Canopy Live Webinar Schedule**](#)¹
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**](#)

1. 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.