

# 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



## Read articles and websites

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

- [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](mailto: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.<sup>1</sup>

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?

**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<sup>1</sup>\*\*](#)  
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.