

# February 2026 Learning & Events

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



## Attend live events and workshops

- [Mindful Mondays: Guided Meditation for Aligning Heart & Mind](#) 
- [Taking Care of Yourself—Sleep, Exercise, Love & Food](#)
- [Love Your Heart](#)
- [Wellbeing Wednesdays: High Blood Pressure](#)
- [Lyra Live Events for February](#)



## Watch quick video clips

- [Connections: Meet Julie](#)
- [Moda Health Pharmacy Tool Walk-through](#)



## Listen to podcasts and videos

- [Health Talks: Save Time and Money with Mail Order Pharmacy](#)



## Read articles and websites

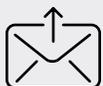
- [Moda Health Pharmacy Services](#)



## 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.

**Mindful Mondays: Guided Meditation for Aligning Heart & Mind**

Provided by Kaiser Permanente

Mon.  
Feb.  
2

Time  
9–10 am

Practice mindfulness through breath and meditation exercises.

[Register](#)

**Taking Care of Yourself—Sleep, Exercise, Love & Food**

Provided by Kaiser Permanente and Uplift Oregon

Thurs.  
Feb.  
5

Time  
12–1 pm

Explore ways to improve your self-care.

[Register](#)

**Love Your Heart**

Provided by Kaiser Permanente

Mon.  
Feb.  
16

Time  
12–1 pm

Keep your heart strong with meal ideas and other simple strategies.

[Register](#)

**Wellbeing Wednesdays: High Blood Pressure**

Provided by Kaiser Permanente

Wed.  
Feb.  
18

Time  
9–10 am

Learn the risk factors for high blood pressure and how simple lifestyle changes can make a difference.

[Register](#)

**Lyra Live Events for February**

Provided by Lyra Health

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

Join a Lyra event to discuss impactful leadership, Black history and identity, 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 Julie**

24/7



Meet Julie and learn about the benefits of mail-order prescriptions.

[View](#)

**Moda Health Pharmacy Tool Walk-through**

Provided by  
Moda Health

24/7

See how the Moda Health pharmacy price check tool can help you save money.

[View](#)

[Ver en Español](#)



**Listen**  
to podcasts and videos



### Health Talks: Save Time and Money with Mail Order Pharmacy

**24/7**  
**Health Talks**



Katie Scheelar, PharmD | Senior Clinical Program Manager at Moda Health

Tune in to PEBB's podcast each month for a new episode. This month, find out about PEBB's mail-order pharmacy prescription options available for Kaiser Permanente members.

[Listen](#)



**Read**  
articles and websites



### Moda Health Pharmacy Services

Provided by Moda Health

**24/7**

Get details on Moda Health's pharmacy services.

[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.