

March 2026 Learning & Events



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



Attend live events and workshops

- [Mindful Mondays: Mindful Eating Guided Meditation](#)
- [Eat Real Food, Get Real Results](#)
- [Food and Your Mood](#)
- [Celebrate You: Body Positivity for Every Body](#)
- [Wellbeing Wednesdays: Healthy Weight](#)
- [Lyra Live Events for March](#)



Watch quick video clips

- [Connections: Meet Monique](#)
- [Meet Garner](#)
- [Canopy EAP Orientation](#)
- [Time to Believe with Omada](#)
- [Understanding Prediabetes and Diabetes](#)



Listen to podcasts and videos

- [Health Talks: Make the Most of Your Lesser-Known Benefits](#)



Read articles and websites

- [Quitting Nicotine](#)
- [Cultivating Health: Freedom from Tobacco](#)
- [Healthy Living](#)



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.

Mindful Mondays: Mindful Eating Guided Meditation

Provided by Kaiser Permanente

Mon.
Mar.
2

Time
9–10 am

Increase awareness of how food makes your body feel.

[Register](#)

Eat Real Food, Get Real Results

Provided by Virta and Providence Health

Wed.
Mar.
4

Time
10–10:30 am

Get simple strategies to lose weight, boost energy, and improve your blood sugar.

[Register](#)

Food and Your Mood

Provided by Kaiser Permanente and Uplift Oregon

Thurs.
Mar.
5

Time
12–1 pm

Learn about the connection between eating habits and your mood.

[Register](#)

Celebrate You: Body Positivity for Every Body

Provided by Kaiser Permanente

Mon.
Mar.
16

Time
12–1 pm

Find ways to feel balanced and confident in your body.

[Register](#)

Wellbeing Wednesdays: Healthy Weight

Provided by Kaiser Permanente

Wed.
Mar.
18

Time
9–10 am

Explore ways to support weight management.

[Register](#)

Lyra Live Events for March

Provided by Lyra Health

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

Join a Lyra event to discuss women’s health, mental wellbeing, 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 Monique

24/7



Meet Monique and learn about one of the specialized care programs available to PEBB members.

[View](#)

Meet Garner

Provided by Garner and Moda Health

24/7

See how Garner can be used to repay Moda Health members for the cost of eligible medical expenses.

[View](#)

Canopy EAP Orientation

Provided by Canopy

24/7

Learn about the support Canopy offers through its Employee Assistance Program (EAP).

[View](#)

[Ver en Español](#)

Time to Believe with Omada

Provided by Omada

24/7

Find out about the weight management offerings available through Omada.

[View](#)

Understanding Prediabetes and Diabetes

Provided by Omada

24/7

Learn about care options available for prediabetes and diabetes.

[View](#)



Listen
to podcasts and videos



Health Talks: Make the Most of Your Lesser-Known Benefits

24/7

**Health
Talks**



Tune in to PEBB's podcast each month for a new episode. This month, find out about specialized care available through PEBB's medical plans.

[Listen](#)



Read articles and websites



Quitting Nicotine

Provided by Kaiser Permanente

24/7

Develop a strategy to quit nicotine use.

[Read](#)

Cultivating Health: Freedom from Tobacco

Provided by Kaiser Permanente

24/7

Explore a resource with step-by-step strategies for quitting nicotine.

[Read](#)

Healthy Living

Provided by Kaiser Permanente

24/7

Find wellness classes and resources.

[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.