

WEBINARS & EVENTS

November 2022

All times shown are Pacific time.

This month's wellness events are being sponsored in partnership with PEBB and the Worksite Wellness Coordinating Council. All webinars will be recorded. Interested, but can't make the date/time? Register anyway and get the recording emailed to you.



Workshops are held most days. For the full schedule and to register, log into your Workday account.

Uplift Oregon: Uplift Your Benefits

A workshop to help all new state employees make the most of their benefits.

(Note: The workshop is valuable for all new state employees. It is required for new state employees in positions represented by SEIU or AFSCME.)

[LEARN MORE | REGISTER](#)



Tuesdays from 12 – 12:10 p.m. Give Your Brain a Break

Join WebMD's weekly energizer activity.

[DETAILS | REGISTER](#)

November 16, 12:30 – 1 p.m. Recharge Your Mind and Body

Hear about the effects of stress on your mind and body, and tips for a healthier lifestyle.

[DETAILS | REGISTER](#)



November 9, 12 – 1 p.m. Creating a Functional Fitness Routine

Create an exercise program that is unique to your own personal health and fitness goals.

[DETAILS | REGISTER](#)



Canopy EAP (Except OSU) November 8, 9:30 – 10:30 a.m. Home Buying and Financing 101

Learn the pros and cons of owning a home, how to prepare for buying a home, and types of loan programs.

[DETAILS | REGISTER](#)

November 8, 10:30 – 11 a.m. November 17, 5:30 – 6:30 p.m. Using Credit Cards Wisely

Discover smart ways to use credit cards and manage credit card debt.

[DETAILS | REGISTER](#)

November 9, 8:30 – 9:30 a.m. Buy Your First Investment Property

Understand what to look for in an investment property and how to qualify for a mortgage loan.

[DETAILS | REGISTER](#)

November 10, 9:30 – 10:30 a.m. Financially Preparing for Sustaining a Home of Your Own

Create a monthly budget for regular household items and things every homeowner should be saving for.

[DETAILS | REGISTER](#)



November 10, 1 – 1:30 p.m. Healthy Eating for Shift Workers

Discover healthy eating techniques while working night shifts.

[DETAILS | REGISTER](#)



November 9, 12 – 12:30 p.m. In the Kitchen with Jamie

Join a registered dietitian to learn about healthy fats and how to include them in a heart healthy diet.

[DETAILS | REGISTER](#)

17 de Noviembre, 12 – 1 p.m. Apoderamiento de la Nutrición Culinaria en Español

Aprenda técnicas para cocinar vegetales nutritivos y deliciosos.

[DETALLES | REGISTRARSE](#)

November 21, 12 – 1 p.m. Culinary Nutrition Takeover in English

Master techniques for cooking nutritious — and delicious — vegetables.

[DETAILS | REGISTER](#)



Beyond Benefits EAP (OSU only)

November 8, 10 – 11 a.m. Communication Skills for Families

Learn how openness and willingness to communicate improves the quality of family communication.

[DETAILS | REGISTER](#)

November 17, 12 – 1 p.m. Making the Most of Family Occasions

Discover how parents can overcome obstacles and create special experiences with their children.

[DETAILS | REGISTER](#)



November 17, 12 – 12:30 p.m. Guide to Tackling Emotional Eating

Reduce your stress response and stop patterns of stress eating.

[DETAILS | REGISTER](#)