



## PEBB Learning & Events — May 2026

### Attend Live Events and Workshops

All times listed are Pacific time.

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#### **More Than a Mouthful: Navigating the Emotional Side of Eating**

**Provider:** WeightWatchers

**Date:** Wednesday, May 6, 2026

**Time:** 10:00–11:00 a.m.

**Description:** Join this conversation on how to navigate stress and eat healthy.

[Register for: More Than a Mouthful](#)

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#### **Caring for an Aging Loved One**

**Provider:** Kaiser Permanente

**Date:** Thursday, May 7, 2026

**Time:** 12:00–1:00 p.m.

**Description:** Understand the impact of caring for elderly parents.

[Register for: Caring for An Aging Loved One](#)

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#### **Find Your Flow: Connecting with Creativity to Improve Your Mental Wellbeing**

**Provider:** Kaiser Permanente

**Date:** Monday, May 18, 2026

**Time:** 12:00–1:00 p.m.

**Description:** Explore using creative tactics to improve your mental wellbeing.

[Register for: Connecting with Creativity to Improve Your Mental Wellbeing](#)

## Wellbeing Wednesdays: Digital Detox

**Provider:** Kaiser Permanente

**Date:** Wednesday, May 20, 2026

**Time:** 9:00–10:00 a.m.

**Description:** Learn how to decompress from technology.

**Register for:** [Digital Detox](#)

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## Building Resiliency and Tools for Stress Management

**Provider:** Moda Health

**Date:** Wednesday, May 20, 2026

**Time:** 3:30–4:30 p.m.

**Description:** Improve your health with simple tools for stress management, resiliency, and mindfulness.

**Register for:** [Building Resiliency & Tools for Stress Management](#)

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## Choosing Your Path: Understanding and Authoring Your Mental Health Journey

**Provider:** Spring Health through Moda Health

**Date:** Thursday, May 28, 2026

**Time:** 11:00 a.m. –12:00 p.m.

**Description:** Discover how the right support can help your mental health.

**Register for:** [Choose Your Path](#)

## Lyra Live Events for May

**Provider:** Lyra Health

**Date:** Dates and times vary.

**Description:** Join a Lyra event to discuss coping with stress, mental health, and more.

**View:** [Upcoming Lyra Virtual Events](#)

**Instructions:** [Log in to your Lyra account](#). Go to the “Library” tab to register for an event. Lyra Health webinars are open to OSU employees only.

## Watch On-Demand Videos

### Connections: Meet Julie

**Description:** Meet Julie and find out about how different mental health resources can help support you.

**Watch:** [Connections: Meet Julie](#)

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### Healthy Habits at Home for Families

**Provider:** Moda Health

**Description:** Learn about setting healthy boundaries with family members.

**Watch:** [Healthy Habits at Home for Families](#)

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### Burnout: How to Unlock the Stress Cycle

**Provider:** Moda Health

**Description:** Discover tips and tricks for dealing with burnout and stress.

**Watch:** [Burnout: How to Unlock The Stress Cycle](#)

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### Creating a Functional Fitness Routine

**Provider:** Moda Health

**Description:** Learn how to set a fitness routine that aligns with your goals.

**Watch:** [Creating a Functional Fitness Routine](#)

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## Listen to Podcasts

### Health Talks: Taking Care of Your Mind and Wellbeing

**Description:** Learn about counseling, coaching, and self-help resources for dealing with mental health.

[Listen: to Health Talks Episode](#)

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## Ongoing Events

Click on the links below to explore the webinar and podcast series available to PEBB members.

[Walk With Ease Exercise Program](#)

[Kaiser Permanente: Monthly Webinar Series](#)

[Kaiser Permanente: Mindful Mondays](#)

[Kaiser Permanente: Wellbeing Wednesdays](#)

[Kaiser Permanente: Activate Webinar Series](#)

[WeightWatchers: Wednesday Workshops](#)

[Moda Health: Live and On-Demand Webinars](#)

[Providence: Healthy Bites Podcast – Listen on Spotify](#)

[Canopy: Live Webinar Schedule](#)

[Virta Health Podcast: Your Life, Reset](#)

## Benefits Questions?

Email: [pebb.benefits@odhsoha.oregon.gov](mailto:pebb.benefits@odhsoha.oregon.gov)

Phone: 503-373-1102