



All times shown are Pacific time.

Interested, but can't make the live session? Register anyway! The host will email you the recording.



## FOR YOUR FINANCIAL WELLBEING

### Financially Savvy Seniors

**Tuesday, May 9, 10:30-11:30 a.m.**  
**Thursday, May 18, 5:30-6:30 p.m.**

Conquer retirement concerns such as managing money, Medicare, Social Security, improving cash flow, insurance, investing, estate planning, and more.

Provided by Canopy

REGISTER

Canopy EAP webinars are open to PEBB members (except OSU). Enter "PEBB" in the "Name of financial institution or organization that referred you to this webinar" box to register.

### Wellbeing on a Budget

**Thursday, May 11, 12:30-1 p.m.**

Learn how to reduce and manage health care expenses, explore budget-friendly healthy eating strategies, and review affordable exercise options.

Provided by HealthyYou/WebMD

REGISTER

### Home Buying and Financing 101

**Tuesday, May 16, 9:30-10:30 a.m.**

Hear the pros and cons of owning a home. Review the loan process and types of loan programs.

Provided by Canopy

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Canopy EAP webinars are open to PEBB members (except OSU). Enter "PEBB" in the "Name of Employer" box to register.

### Refinancing and Paying Your Home Off Sooner

**Wednesday, May 17, 8:30-9:30 a.m.**

Compare paying off your home versus refinancing. Learn how to shorten loan terms and pay off your mortgage sooner.

Provided by Canopy

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### Financially Preparing to Sell Your Home

**Thursday, May 18, 9:30-10:30 a.m.**

Get an overview of costs associated with selling your home. Learn how to buy another home and move in before you sell your current home.

Provided by Canopy

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### Real Food on a Real Budget

#### On Demand

Get information and tools about how to eat healthy and stay on budget.

Provided by Moda Health

VIEW ON DEMAND



## FOR YOUR PHYSICAL WELLBEING



### Five to Thrive: Fruit and Vegetable Challenge

**Participate May 1-28**

Track the fruits and veggies you eat for 21 days of the month to enjoy improved wellbeing.

Provided by HealthyYou/WebMD

REGISTER

Register by May 8.

### Fitness Your Way

**Thursday, May 18, 1-2 p.m.**

Discover how fitness can reduce health risks and improve overall health.

Provided by Kaiser Permanente

REGISTER

### Reframe Your Focus: Physical Activity

**Tuesday, May 23, noon-12:30 p.m.**

Reframe your focus on physical activity and the health benefits of moving more.

Provided by WeightWatchers

REGISTER

### Lower Back and Hip Health

#### On Demand

What is injury prevention and why is it important? Create a plan to reduce your risk of lower back and hip injuries.

Provided by Moda Health

VIEW ON DEMAND

### Sleep Health Tips

#### On Demand

Get sleep tips and learn the mental health benefits of quality sleep and being well-rested.

Provided by Moda Health

REGISTER TO VIEW

If you're struggling with an eating disorder, help is available. Call the National Eating Disorders Association (NEDA) at 800-931-2237 or visit their website at [nationaleatingdisorders.org/help-support/contact-helpline](http://nationaleatingdisorders.org/help-support/contact-helpline).



## FOR YOUR EMOTIONAL WELLBEING

### Mental Health Awareness and Holistic Health

**Wednesday, May 3, 10-10:30 a.m.**

See how mental health improvement impacts your overall wellness. Topics include stigma reduction, signs and symptoms, and community resources.

Provided by Canopy

REGISTER

Canopy EAP webinars are open to PEBB members (except OSU). Enter "PEBB" in the "Organization" box to register.

### Mental Health Awareness

**Wednesday, May 24, noon-1 p.m.**

Get skills to reduce the stigma associated with mental illness and learn how to support one another in the workplace.

Provided by Beyond Benefits/OSU

REGISTER

Beyond Benefits EAP webinars are open to OSU employees only.

### Nutrition Tips

#### On Demand

See how the foods we eat impact overall mental wellbeing, including certain mental health disorders and mood.

Provided by Moda Health

VIEW ON DEMAND

### The Science of Happiness

#### On Demand

Explore the history and research on the science of happiness. Learn how to bring more happiness to your personal and professional lives.

Provided by Canopy

VIEW ON DEMAND

**PEBB members (except OSU):** Log in to the Member Site. Enter your chosen username and password to access the webinar. Enter "PEBB" in the "Company Name" box the first time you register.

Don't forget, emotional counseling (virtual or in-person) is always available from your Employee Assistance Program (EAP).



## FOR ONGOING CONDITIONS

### Digital Mindfulness: Taking Control of Your Device and Screen Time

**Thursday, May 11, 11 a.m.-12 p.m.**

Discover mindful behavioral techniques to help control the time you spend on phones, tablets, and laptops.

Provided by Beyond Benefits/OSU

REGISTER

Beyond Benefits EAP webinars are open to OSU employees only.

### Three Good Things for Mental Health

#### On Demand

Practice making connections to gratitude using three main tools: thinking, writing, and reflecting.

Provided by Moda Health

VIEW ON DEMAND

**Note:** Canopy EAP webinars are open to PEBB members (except OSU). Beyond Benefits 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.

### Benefits questions?

Email: [pebb\\_benefits@odhsoha.oregon.gov](mailto:pebb_benefits@odhsoha.oregon.gov)

Phone: 503-373-1102