



## PEBB Learning & Events — April 2026

### Attend Live Events and Workshops

All times listed are Pacific time.

---

#### **Mindful Mondays: Meditation and Breathing for Better Health**

**Provider:** Kaiser Permanente

**Date:** Monday, April 6, 2026

**Time:** 9:00–10:00 a.m.

**Description:** Discover how meditation and breathing can improve your wellbeing.

[Register for: Meditation and Breathing for Better Health](#)

---

#### **Cultivating Compassion**

**Provider:** Kaiser Permanente

**Date:** Monday, April 20, 2026

**Time:** 12:00–1:00 p.m.

**Description:** Explore what it means to cultivate compassion for yourself and others.

[Register for: Cultivating Compassion](#)

---

#### **Change: The Path of Least Resistance**

**Provider:** Canopy

**Date:** Tuesday, April 21, 2026

**Time:** 10:00–10:45 a.m.

**Description:** Embrace and learn from life changes.

[Register for: Change: The Path of Least Resistance](#)

---



## Wellbeing Wednesdays: Benefits of Moving in Nature

**Provider:** Kaiser Permanente

**Date:** Wednesday, April 22, 2026

**Time:** 9:00–10:00 a.m.

**Description:** Discuss the physical and mental benefits of exercise in nature.

**Register for:** [Benefits of Moving in Nature](#)

---

## Lyra Live Events for April

**Provider:** Lyra Health

**Date:** Dates and times vary.

**Description:** Join a Lyra event to discuss preparing for retirement, workplace anxiety, and more.

**View:** [Lyra Live Events Summary](#)

**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 Jayden

**Description:** Meet Jayden and find out about fitness discounts available to PEBB members.

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

---

### Why Sleep Matters

**Provider:** Kaiser Permanente and Uplift Oregon

**Description:** Learn about the benefits of sleep, strategies for healthy sleep, and relaxation exercises.

**Watch:** [Why Sleep Matters](#)

---

### Party Pump Up

**Provider:** Moda Health

**Description:** Spend two minutes doing movements to increase your energy.

**Watch:** [Party Pump Up](#)

**Instructions:** If you are a Moda Health member, log in using your email address and password or create an account using the “Sign up” link. This video is available for Moda Health members only.

---

### Evening Unwind

**Provider:** Moda Health

**Description:** Use movement to unwind after work.

**Watch:** [Evening Unwind](#)

**Instructions:** If you are a Moda Health member, log in using your email address and password or create an account using the “Sign up” link. This video is available for Moda Health members only.

---



## **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](#)**

---



## Listen to Podcasts

### PEBB Health Talks: Fitness Benefits

**Description:** Hear about the fitness offerings available through each of PEBB's medical plan carriers.

**Listen:** [to Health Talks Episode](#)

---

## Read Articles and Resources

### Walking for Eye Health: What You Need to Know

**Provider:** VSP

**Description:** Walk to achieve wellbeing and eye health.

**Read:** [Walking for Eye Health: What You Need to Know](#)

---

### 6 Easy Ways to Keep Your Eyes Healthy

**Provider:** VSP

**Description:** Learn about six simple steps to protect your eye health.

**Read:** [6 Easy Ways to Keep Your Eyes Healthy](#)

---



## 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