



June 2024

All times shown are Pacific Time.

Interested but can't make the date or time? Register anyway to get the recording.



Emotional Wellbeing



Financial Wellbeing



Physical Wellbeing



Total Wellbeing

Live Events

Pressing Pause & Reducing Stress



Tuesday, June 11, 12-1pm

Improve your quality of life and lower stress levels.

Provided by Omada

[Register](#)

All PEBB members can register for this webinar. However, Omada is only available to Providence Health and Kaiser Permanente members.

Nutrition Education



Wednesday, June 12, 12-12:30pm

Eating healthy does not have to cost a fortune. Learn to eat healthy on a budget.

Provided by Providence Health

[Register](#)

The Keys to Preventing Diabetes



Thursday, June 13, 1-2 p.m.

There are steps you can take to avoid or delay diabetes. Hear about the diagnosis, treatment, and symptoms of prediabetes.

Provided by Kaiser Permanente

[Register](#)

Summer Strawberry Bowl



Monday, June 17, 12-1pm

Join this cooking class to make a healthy and refreshing summer meal.

Provided by Providence Health

[Register](#)

Men, Masculinity, and Mental Health



Tuesday, June 18, 9-10 a.m.

Join this talk about how masculinity impacts mental health.

Note: This discussion is intended for people who identify as men.

Provided by Lyra Health

[Register](#)

Log in to Lyra Learn. Use your employee email and customer code #osu445 to register.

Lyra Health webinars are open to OSU employees only.

Health Equity and Social Determinants of Health



Thursday, June 20, 12:30-1 p.m.

Explore social determinants of health and learn why it's important to address them.

Provided by HealthyYou/WebMD

[Register](#)

Foam Rolling 101



Thursday, June 20, 3:30-4 p.m.

Learn how to relieve muscle knots and tension using a foam roller.

Provided by Moda Health

[Register](#)

On Demand

Social Determinants of Health Overview



On Demand

Understand what social determinants of health are. Discover their impacts on quality of life in your community.

Provided by Moda Health

[View On Demand](#)

How Money Impacts Mental Health



On Demand

Explore the relationship between money and wellbeing.

Provided by Lyra Health

[View On Demand](#)

Log in to Lyra Learn. Use your employee email and customer code #osu445 to register.

Lyra Health webinars are open to OSU employees only.

Self-Care 101: Putting Your Wellness First



On Demand

Assess your wellness needs and create a sustainable self-care plan.

Provided by Lyra Health

[View On Demand](#)

Log in to Lyra Learn. Use your employee email and customer code #osu445 to register.

Lyra Health webinars are open to OSU employees only.

Getting Better Sleep



On Demand

Sleep is important for your health. Improve your sleep through behavioral and mental strategies.

Provided by Lyra Health

[View On Demand](#)

Log in to Lyra Learn. Use your employee email and customer code #osu445 to register.

Lyra Health webinars are open to OSU employees only.

Involvement and Engagement



On Demand

Discover how acts of kindness bring happiness and purpose to your life.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Deep Relaxation for Better Sleep



On Demand

Discover exercises to improve your sleep and get a full night of rest.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Budgeting Basics: Financial Wellness is Within Reach!



On Demand

Start a personal monthly budget to save money and improve your financial wellness.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Minimizing Worry to Maximize Your Life



On Demand

Identify the root causes of worry and stress to improve your overall wellbeing.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Note: 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 on-demand video above that isn't covered by your EAP, check if yours offers something similar.

Benefits questions?

Email: pebb.benefits@odhsoha.oregon.gov

Phone: 503-373-1102