

The OSU Health Plan is here to support your wellness journey!

2023 PROGRAMS AND EVENTS FOR MARCH



To register for any of the programs below, visit linktohealth.osu.edu (search by date or keyword).

EDUCATIONAL PROGRAMS:

[Reflect and Relax Sessions \(webinars\)](#)
March 1 and March 15 at 10:00 a.m.

[#Motivational Monday Self-Acceptance \(webinar\)](#)
March 6 at 10:00 a.m.

[Pumping Essentials 101 \(webinar\)](#)
March 7 at 11:30 a.m.

[Getting Started with Physical Activity \(webinar\)](#)
March 8 at 12:30 p.m.

[Wellness: Reviewing the Holistic Approach \(webinar\)](#)
March 9 at noon

[After the Honeymoon: Conflict, a Pathway to Strengthen Your Relationship \(webinar\)](#)
March 21 at 11:30 a.m.

[Berry Bonanza \(webinar\)](#)
March 22 at noon

[Body Image and Self Esteem: The War of the Ages \(webinar\)](#)
March 28 at 11:30 a.m.

GROUP HEALTH COACHING:

[Making Time for Me \(webinar\)](#)
March 22 and 29; April 5 and 12 at noon

[Essential Nutrients from Head to Toe \(webinar\)](#)
March 24 and 31; April 7 and 14 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)
March 7 at 11:00 a.m.

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)
March 14 at 11:00 a.m.

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit linktohealth.osu.edu (search Educational Program).

The OSU Health Plan (OSUHP) is here to help you improve and maintain a healthy lifestyle!

Check out our comprehensive [Weight Management](#) page for access to a self-guided BMI-Weight Management overview, printable resources to get started, educational videos, and the ability to connect with the OSUHP Wellness Team.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Bring Intentions to the Forefront with Monday Motivations

Need some Monday Motivation? Join us monthly for a short morning break as we share some inspirational themes, quotes, and mantras to motivate and bring some intentions to the forefront. Start each month on a positive note and get energized to embrace life with grace and purpose. To view our monthly lineup and access recordings, [click here](#).

Mental Health Awareness Workshop for Managers

Join the Ohio State Employee Assistance Program (EAP) on March 14 at 10:00 a.m. for a wellness workshop focused on increasing understanding of the signs and symptoms to mental health issues and learning approaches to support coworkers. To register, [click here](#) or visit linktohealth.osu.edu and search by Class Type EAP Workshop.

2023 PROGRAMS AND EVENTS FOR APRIL



To register for any of the programs below, visit linktohealth.osu.edu (search by date or keyword).

EDUCATIONAL PROGRAMS:

[#Motivational Monday: Celebrate Yourself \(webinar\)](#)
April 3 at 10:00 a.m.

[Self-Permission \(webinar\)](#)
April 6 at 11:30 a.m.

[Quick Guide for Lasting Weight Loss \(webinar\)](#)
April 6 at noon

[Healthy Exercise and Movement: Embracing Body Positivity This Summer \(webinar\)](#)
April 11 at noon

[Improving Your Posture \(webinar\)](#)
April 13 at noon

[Gardening with Kids \(webinar\)](#)
April 18 at noon

[Reflect and Relax Session \(webinar\)](#)
April 19 at 10:00 a.m.

[Herb Gardening 2.0 \(webinar\)](#)
April 25 at noon

GROUP HEALTH COACHING:

[Getting the most out of your running routine \(webinar\)](#)
April 10, 17, 24 and
May 1 at 12:30 p.m.

[Is Sugar Affecting Your Health? \(webinar\)](#)
April 13, 20, 27 and May 4 at
12:30 p.m.



BUCKEYE BABY PROGRAMS:

[Navigating 3rd trimester and post-partum \(webinar\)](#)
April 4 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)
April 11 at 11:00 a.m.

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)
April 19 at 6:00 p.m.



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Exercise to Improve Posture and Balance

Join Health Coach Alison on April 20 at noon to review and perform some exercises to help improve your posture. Having good posture helps you to develop strength, flexibility, and balance in your body. These can all lead to less muscle pain and more energy throughout the day. Proper posture also reduces stress on your muscles and ligaments, which can reduce your risk of injury. To register [click here](#) or visit linktohealth.osu.edu and search by Class Type "Physical Activity Program".

Take Time to Explore the Resources Available

Stay up-to-date with the latest content, resources and educational videos from the OSU Health Plan. Discover [printable resources](#) such as a list of meditation apps, time finder, [wellness articles](#) and a variety of newly added archived content on our [Classes and Events page](#).

Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the Ohio State medical plan who would like the support of a health coach, feel free to forward this flyer. They can contact us at healthcoach.osuhealthplan@osumc.edu to schedule a call! To learn more about our team and other programs we lead at Ohio State, check out this [online webinar](#).

Call (614) 292-4700, option 0 or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com