

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

2023 PROGRAMS AND EVENTS FOR AUGUST



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

EDUCATIONAL PROGRAMS:

[How Nature Improves Your Health \(webinar\)](#)

August 1 at 11:30 a.m.

[What is Mindful Movement \(webinar\)](#)

August 2 at 11:30 a.m.

[#Motivational Monday: Embrace Your Weird \(webinar\)](#)

August 7 at 10:00 a.m.

[Beyond Fear \(webinar\)](#)

August 8 at 11:30 a.m.

[Fall Vegetable Production: From Planting to Harvest \(webinar\)](#)

August 9 at noon

[Mom Meditation \(webinar\)](#)

August 15 at 11:30 a.m.



GROUP HEALTH COACHING:

[Starting a Running/Walking Program \(webinar\)](#)

August 7, 14, 21 and 28 at noon

[Experience Wellness: A Mindful Practice Group \(webinar\)](#)

August 16, 23, 30 and September 6 at 12:30 p.m.

[Build Your Own Exercise Routine](#)

August 18 and 25; September 1 and 8 at noon

BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Post-Partum \(webinar\)](#)

August 8 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)

August 15 at 11:00 a.m.

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)

August 23 at 6:00 p.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).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

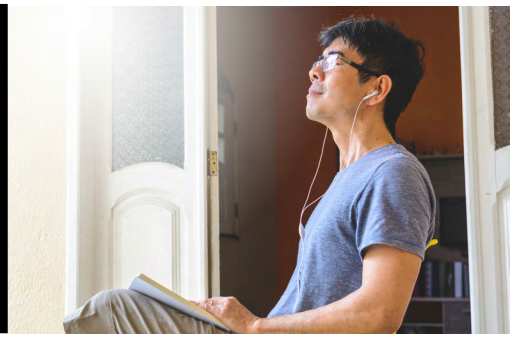
Take a Relaxation Break at the SMART Lab

Join Health Coach Amanda in-person on August 2 and 16 between 9:30 a.m. and noon (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. Research shows deep breathing can help reduce stress. The biofeedback technology available in the lab will give you real-time feedback about your breathing and heart rhythms through fun computer games, allowing you to improve your practice. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit linktohealth.osu.edu and search by Class Type Educational Program, date or keyword "SMART Lab".

Standing Abs

Join OSU Health Plan Health Coaches Adam and Alison on August 16 at 11:30 a.m. for a physical activity program about standing abdominal exercises. This workout will be suitable for most people. During this 20-minute session, we will put together an entire abdominal workout you can do standing up. Be ready to do the activity while you watch online. [Click here](#) to register or visit linktohealth.osu.edu and search by Class Type "Physical Activity Program".

2023 PROGRAMS AND EVENTS FOR SEPTEMBER



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

EDUCATIONAL PROGRAMS:

[#Motivational Monday: Procrastination! \(webinar\)](#)
September 11 at 10:00 a.m.

[Check In With Yourself \(webinar\)](#)
September 12 at 11:30 a.m.

[Pumping Essentials 101 \(webinar\)](#)
September 19 at 11:30 a.m.

[Home Safe Home: Preschooler-Proofing Your Home \(webinar\)](#)
September 26 at 11:30 a.m.

GROUP HEALTH COACHING:

[Living Well with Diabetes \(webinar\)](#)
September 7, 14, 21 and 28 at 11:00 a.m.

[Sleep Well for Wellness \(webinar\)](#)
September 13, 20, and 27; October 4 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)
September 19 at 11:00 a.m.

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)
September 26 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).



Take time to explore resources available online!

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

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Resistance Training Circuit

Did you know that without a consistent resistance training routine, you could lose up to 6 to 8 pounds of muscle each decade? Join OSU Health Plan Health Coaches Adam and Bonnie on September 6 at 11:30 a.m. for a physical activity program that uses our body weight for resistance. No equipment needed! During this 30-minutes session, we will put together a series of exercises that you can incorporate into your routine. Click [here](#) to register or visit linktohealth.osu.edu and search by Class Type "Physical Activity Program".

Personal Health Coaching

If you have a co-worker who is eligible for Ohio State benefits or a spouse enrolled in the OSU Health 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