

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

2023 PROGRAMS AND EVENTS FOR DECEMBER



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

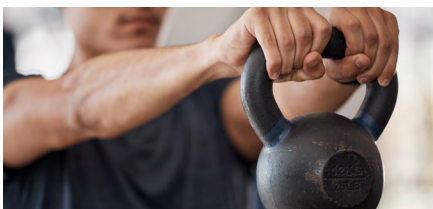
EDUCATIONAL PROGRAMS:

[#Motivational Monday: Get in to the NOW \(webinar\)](#)
December 4 at 10:00 a.m.

[Mindfulness at Work \(webinar\)](#)
December 12 at 11:30 a.m.

[Working out with Kettlebells \(physical activity program webinar\)](#)
December 13 at 11:30 a.m.

[Staying Active this Winter](#)
December 18 at noon



GROUP HEALTH COACHING:

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)
December 6, 8, 13 and 15 at 11:00 a.m.

[Eating to Support Your Exercise Routine \(webinar\)](#)
December 12, 14, 19 and 21 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Postpartum](#)
December 5 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)
December 12 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 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.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join Health Coach Amanda in person on December 6, 13 and 20 between 9:10 a.m. and 11:40 a.m. (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. 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".

2024 PROGRAMS AND EVENTS FOR JANUARY



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

EDUCATIONAL PROGRAMS:

[Why Try Dry January: The Impact of Alcohol on Your Health \(webinar\)](#)
January 3 at noon

[How to Talk to Your Doctor \(webinar\)](#)
January 9 at noon

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

[Change Behavior, Change Your Life \(webinar\)](#)
January 16 at noon

[Increasing Your Fruit and Vegetable Intake \(webinar\)](#)
January 18 at noon

[Wellness: Reviewing the Holistic Approach \(webinar\)](#)
January 22 at noon

[Home Hydroponics: Grow Veggies and Herbs 24/7/365 \(webinar\)](#)
January 23 at noon

[Deskercise \(webinar\)](#)
January 24 at noon

[#MonthlyMotivation: Wake Up and Notice What is Going Well! \(webinar\)](#)
January 25 at 10:00 a.m.

GROUP HEALTH COACHING:

[Beyond Habits \(webinar\)](#)
January 9, 16, 23 and 30 at 11:00 a.m.

[Rethink Your Drink \(webinar\)](#)
January 10, 17, 24 and 31 at noon



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
January 9 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
January 23 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
January 29 at 6:00 p.m.

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MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

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