

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

2024 PROGRAMS AND EVENTS FOR APRIL



To register for any of the programs below, visit [Link to Health](#) (search by date or keyword).

EDUCATIONAL PROGRAMS:

[#MonthlyMotivation: Connect With your Purpose! \(webinar\)](#)
April 2 at 10:00 a.m.

[Navigating Low Carb Nutrition \(webinar\)](#)
April 9 at noon

[Growth Mindset \(webinar\)](#)
April 16 at 11:30 a.m.

[The Truth About Step Counts \(webinar\)](#)
April 16 at 11:30 a.m.

[Understanding and Overcoming Bias in the Workplace \(webinar\)](#)
April 30 at noon

GROUP HEALTH COACHING:

[Women Working Out With Weights \(webinar\)](#)
April 3, 10, 17 and 24 at 12:30 p.m.

[Sleep Well for Wellness \(webinar\)](#)
April 11, 18, 25 and May 2 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)
April 9 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
April 16 at 6:00 p.m.

[Lactation Benefits and Resources \(webinar\)](#)
April 23 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 [Link to Health](#) (search Educational Program).



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training

Join Health Coach Amanda in person on April 17th 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. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [Link to Health](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

Body Weight Workout

Join OSU Health Coaches Adam and Michael on April 17th at 11:30 a.m. for a physical activity program about working out with no equipment. During this 20-minute session, we will put together an entire workout using only your body weight. To register, visit [Link to Health](#) and search by Class Type "Physical Activity Program".

2024 PROGRAMS AND EVENTS FOR MAY



To register for any of the programs below, visit [Link to Health](#) (search by date or keyword).

EDUCATIONAL PROGRAMS:

[Stretching and Recovery Session \(Physical Activity Program webinar\)](#)
May 1 at noon

[Keep Yourself and Your Family Tick Safe in 2024 \(webinar\)](#)
May 7 at noon

[Is Health Coaching for Me? \(webinar\)](#)
March 8 at 12:30 p.m.

[How to Take Mental and Emotional Breaks in Your Day \(webinar\)](#)
May 14 at 11:30 a.m.

[Sleep and Nutrition \(webinar\)](#)
May 21 at noon

[#MonthlyMotivation: Critique Over Criticism \(webinar\)](#)
May 28 at 10:00 a.m.



GROUP HEALTH COACHING:

[Strategies for a Healthier Gut \(webinar\)](#)
May 2, 9, 16 and 23 at 11:30 a.m.

[Making Time for Me \(webinar\)](#)
May 7, 14, 21 and 28 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
May 7 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
May 14 at 11:00 a.m.

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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

Orbit The Oval

Bring your co-workers or YP4H Step Challenge Team and meet the OSU Health Coaches on May 15th between 11:30 a.m. and ending at 1:00 p.m. at the Oval near the William Oxley Thompson Statue. Participants will receive a space pass and are encouraged to walk three laps. This is a great opportunity to get in some steps during the workday! This event is open to all fitness levels and can be performed at your own pace. To register, visit [linktohealth.osu.edu](#) and search by Class Type Physical Activity Program. Send an email to Healthcoach.Osuhealthplan@osumc.edu if you have questions.

Biofeedback for Stress Management and Resiliency Training (S.M.A.R.T. Lab)

Join Health Coach Amanda in person on May 1st and 22nd 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. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [Link to Health](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

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