

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

2024 PROGRAMS AND EVENTS FOR SEPTEMBER



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

EDUCATIONAL PROGRAMS:

[Beyond the Cuff: Mastering Blood Pressure Basics \(webinar\)](#)

September 6 at 12:30 p.m.

[Serotonin Boosters for the Upcoming Winter \(webinar\)](#)

September 10 at 11:30 a.m.

[S.M.A.R.T Lab \(In-person\)](#)

September 11 and 18 from 9:30 a.m. to noon (various times)

[#Monthly Motivation: Be Here Now \(webinar\)](#)

September 17 at 10:00 a.m.

[Back to the Grind: Effective Wellness and Work-Life Balance Strategies \(webinar via WeightWatchers\)](#)

September 19 at 1:00 p.m.

[Growing Veggies and Herbs Over the Winter \(webinar\)](#)

September 24 at noon



GROUP HEALTH COACHING:

[Stepping Strong: Strategies for Maintaining Mobility and Balance as We Age \(webinar\)](#)

September 11, 18, and 25;
October 2 at 12:30 p.m.

[Foods that Fight Inflammation \(webinar\)](#)

September 12, 19 and 26;
October 3 at 12:30 p.m.

[Progressing Your Exercise Routine \(webinar\)](#)

September 13, 20 and 27;
October 4 at noon

BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)

September 10 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)

September 17 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 RESOURCES

Standing Core

Join [OSU Health Coach](#) Bonnie for a physical activity program about standing abdominal and core exercises on 9/18 at noon. 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.](#)

O-H-I-Oval Walk

Bring your co-workers or YP4H Hit The Road Challenge team and meet the OSU Health Plan Health Coaches on 9/25 between 11:30 a.m. and ending at 1:00 p.m. at the Oval near the William Oxley Thompson Statue. This is a great opportunity to get in extra steps! This event is open to all fitness levels and can be performed at your own pace. [Click here to register.](#) Questions? Email Healthcoach.Osuhealthplan@osumc.edu.

Save the Date

Our Hit the Road with the Buckeyes team walking challenge is back for its 15th year! The eight-week challenge will take place 9/23 through 11/17, with pre-registration beginning 9/16. Start gathering your team of ten today!

2024 PROGRAMS AND EVENTS FOR OCTOBER



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

EDUCATIONAL PROGRAMS:

[Cooking with Kitchen Gadgets: Air Fryer, Instant Pot, etc. \(webinar\)](#)
October 1 at noon webinar

[Letting Go of Negativity \(webinar\)](#)
October 8 at 11:30 a.m.

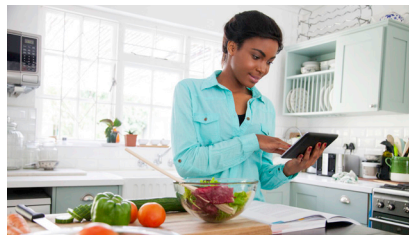
[Pumping Essentials 101 \(webinar\)](#)
October 22 at noon

[#Monthly Motivation: Using Your Imagination for Best Outcomes \(webinar\)](#)
October 29 at 10:00 a.m.

GROUP HEALTH COACHING:

[Meal Planning on a Budget \(webinar\)](#)
October 9, 16, 23 and 30 at noon

[Exploring Habits of Maintaining Long Term Weight Loss \(webinar\)](#)
October 15, 22 and 29;
November 5 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
October 2 at 6:00 p.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)
October 8 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)
October 15 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).

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

Core Band Workout

Join [OSU Health Plan Health Coach](#) Alison on October 7 at 12:30 p.m. for a physical activity program about using resistance bands for core exercise. During this 30-minute session, we will understand the benefits of using resistance bands for strength training exercise and perform resistance band exercises for your core muscles. To register, visit [linktohealth.osu.edu](#) and search by Class Type Physical Activity Program.

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

Join [OSU Health Plan Health Coach](#) Amanda in person on October 9, 16, 23 and 30 (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".

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