

# HOST A GROUP SESSION FOR YOUR TEAM!

Bring together a group of eight or more and an OSU Health Plan health coach can lead an educational program or group health coaching series related to Active Living, Healthy Eating, Emotional Well-Being, Weight Management, and Overall Wellness.

**Reach out to us now to submit your request!** To request one of our programs, complete the [online request form](#) to tell us more about your department's interests, available dates and times, and preferred group format.

	GROUP HEALTH COACHING	EDUCATIONAL PROGRAM
ACTIVE LIVING	<p>Group Health Coaching (GHC) includes four weekly sessions and opportunities to earn YP4H points. Department-specific requests are limited to one GHC per year.</p> <p><a href="#">View GHC descriptions.</a></p> <ul style="list-style-type: none"> <li>Breaking Barriers to Physical Activity</li> <li>Build Your Own Exercise Routine</li> <li>Get Moving for Mental Well-Being</li> <li>Starting a Running or Walking Program</li> </ul>	<p>Educational and Physical Activity programs include one session as an opportunity to meet a health coach and sample topics. These sessions don't qualify for YP4H points.</p> <p><a href="#">View EP descriptions.</a></p> <ul style="list-style-type: none"> <li>Body Weight Workout</li> <li>Chair Yoga</li> <li>Cardio Anywhere</li> <li>Making Time for Physical Activity</li> <li>Stretching and Recovery</li> <li>The Truth About Step Counts</li> <li>Walk with a Health Coach</li> <li>Working Out with Resistance Bands</li> </ul>
HEALTHY EATING	<ul style="list-style-type: none"> <li>Foods that Fight Inflammation</li> <li>Improving Your Gut Health</li> <li>Meal Prep for Success</li> <li>The Ultimate Nutrition Guide</li> </ul>	<ul style="list-style-type: none"> <li>Lunch Prep for Lasting Energy</li> <li>Hack Your Snack</li> <li>Healthy Eating on a Budget</li> <li>Hidden Risks of Food Dyes in Our Food</li> <li>Mastering Meal Planning</li> <li>Rethink Your Drink</li> <li>Strengthening Your Immune System</li> </ul>
EMOTIONAL WELL-BEING	<ul style="list-style-type: none"> <li>Creating Calm – Practical Skills for Stress Relief</li> <li>Habits, Routines, and Rituals for Well-Being</li> <li>Making Time for Me Mindful Moments</li> </ul>	<ul style="list-style-type: none"> <li>Biofeedback Sampler Sessions</li> <li>Breathe Better, Stress Less</li> <li>Creating Your Coping Skills Toolbox</li> <li>Making Space for Self-Care</li> <li>Mindfulness and Meditation</li> <li>Spark and Sustain Motivation</li> <li>The Gift of Gratitude</li> <li>Wellness and Resilience at Work</li> </ul>
OVERALL WELLNESS	<ul style="list-style-type: none"> <li>Mission Possible – Get Energized on the Go!</li> <li>Seasonal Wellness Series</li> <li>Sleep Well for Wellness</li> </ul>	<ul style="list-style-type: none"> <li>Beyond the Cuff – Mastering Blood Pressure Basics</li> <li>Building Effective Habits</li> <li>Five Ways to Know You're at Your Happy Weight</li> <li>Is Health Coaching for Me?</li> <li>Sleep Well for Wellness</li> <li>Quit Quest – A Path to a Nicotine-Free Life</li> <li>Wellness – Reviewing the Holistic Approach</li> </ul>

If you have questions about scheduling a group, email [Laura.Peterson@osumc.edu](mailto:Laura.Peterson@osumc.edu). To join upcoming programs available university-wide, browse offerings in [Link to Health](#). To view previous program recordings, visit our [recording archive](#).

