

HOST A GROUP SESSION FOR YOUR TEAM

Complete the [online request form](#) to plan wellness programming for your group of eight or more.



GROUP HEALTH COACHING

Group Health Coaching (GHC) includes four weekly sessions and opportunities to earn YP4H points. Department-specific requests are limited to one GHC per year. [View GHC descriptions.](#)

EDUCATIONAL PROGRAM

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. [View EP descriptions.](#)

ACTIVE
LIVING

Breaking Barriers to Physical Activity
Build Your Own Exercise Routine
Get Moving for Mental Well-Being
Starting a Running or Walking Program

Body Weight Workout
Chair Yoga
Cardio Anywhere
Making Time for Physical Activity
Stretching and Recovery

HEALTHY
EATING

Foods that Fight Inflammation
Improving Your Gut Health
Meal Prep for Success
The Ultimate Nutrition Guide

Lunch Prep for Lasting Energy
Hack Your Snack
Healthy Eating on a Budget
Mastering Meal Planning

EMOTIONAL
WELL-BEING

Creating Calm – Practical Skills for Stress Relief
Habits, Routines, and Rituals for Well-Being
Making Time for Me Mindful Moments

Breathe Better, Stress Less
Creating Your Coping Skills Toolbox
Making Space for Self-Care
Mindfulness and Meditation
The Gift of Gratitude

OVERALL
WELLNESS

Mission Possible – Get Energized on the Go!
Seasonal Wellness Series
Sleep Well for Wellness
The Whole You – 10 Ways to Well-Being

Building Effective Habits
Is Health Coaching for Me?
Sleep Well for Wellness
Quit Quest – A Path to a Nicotine-Free Life

If you have questions about scheduling a group, email 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](#).

