

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

2025 PROGRAMS AND EVENTS FOR APRIL



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

EDUCATIONAL PROGRAMS:

[Carbohydrates: Why We Need Them \(webinar\)](#)

April 1 at noon

[Top Five Secrets to Getting Breast/Chest Feeding Off to a GREAT START! \(webinar\)](#)

April 8 at noon

[Kitchen Safety \(webinar\)](#)

April 9 at 11:30 a.m.

[Embracing Lifestyle Medicine for a Healthier Community \(webinar\)](#)

April 15 at noon

[#MonthlyMotivations \(webinar\)](#)

April 29 at 10:00 a.m.

GROUP HEALTH COACHING:

[Get Moving for Mental Well-Being \(webinar\)](#)

April 10, 17 and 24; May 1 at 12:30 p.m.

[Exploring Habits of Maintaining Long Term Weight Los \(webinar\)](#)

April 23 and 30; May 7 and 14 at noon



BUCKEYE BABY PROGRAMS:

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

April 8 at 5:00 p.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)

April 16 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)

April 22 at 11:00 a.m.

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting and Family webinar topics, visit [Link to Health](#) (search Educational Program)



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Spring Wellness Walks

Join [OSU Health Plan Health Coach](#) Bonnie for a wellness walk on [April 2](#) or [April 9](#) at 12:30 p.m. at the Ackerman Complex. During these 30-minute sessions, we will walk as a group to get some fresh air and extra steps for a mid-day energy break. Meet between the 660 and 700 Ackerman buildings. To register, visit [Link to Health](#) and search by Class Type Physical Activity Program, date or keyword "Spring Wellness Walk".

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

Join [OSU Health Plan Health Coach](#) Amanda in person on April 2, 16 and 30 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 linktohealth.osu.edu and search by Class Type Educational Program, date or keyword "SMART Lab".

2025 PROGRAMS AND EVENTS FOR MAY



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

EDUCATIONAL PROGRAMS:

[Chair Yoga with Stacy \(webinar\)](#)
May 6 at noon

[Healthy Lifestyle Choices for Osteopenia and Osteoporosis \(webinar\)](#)
May 8 at 11:30 a.m.

[S.M.A.R.T. Lab \(In-Person\) \(webinar\)](#)
May 14 and 28 from 9:30 a.m. to noon

[#MonthlyMotivations \(webinar\)](#)
May 13 at 10:00 a.m.

[Navigating Guilt and Shame \(webinar\)](#)
May 20 at 11:30 a.m.

GROUP HEALTH COACHING:

[Women Working Out with Weights \(webinar\)](#)
May 8, 15, 22 and 29 at noon

[Embracing the Change: A Journey Through Menopause \(webinar\)](#)
May 20 and 27; June 3 and 10 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
May 6 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)
May 14 at 6:00 p.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
May 20 at 11:00 a.m.

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For additional Parenting and Family webinar topics, visit [Link to Health](#) (search Educational Program).



MONTHLY HIGHLIGHTS

Standing Abs

Join [OSU Health Plan Health Coach Adam](#) on May 14 at 11:30 a.m. for a virtual physical activity program about standing abdominal exercises. 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. [Register](#) or visit [Link to Health](#) and search by Class Type “Physical Activity Program” to learn more.

Mental Health Awareness Workshops

Join the [Ohio State University Employee Assistance Program](#) for interactive wellness workshops focused on increasing understanding of the signs and symptoms of mental health. Participant discussion and collaboration is encouraged. Join [Mental Health Awareness Workshop for Managers](#) on May 14 at 1:00 p.m. and [Mental Health Awareness Workshop for Staff](#) on May 27 at 10:30 a.m. To learn more, visit [Link to Health](#) and search by Class Type “EAP Workshop”.

Call (614) 292-4700 (option 1, then option 1 again) or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com