

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

## 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

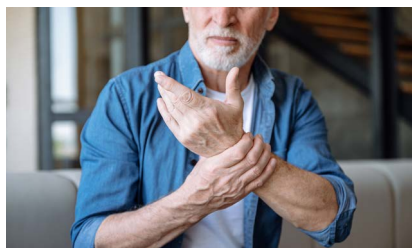
[Healthy Lifestyle Choices for Osteopenia and Osteoporosis \(webinar\)](#)  
May 8 at 11:30 a.m.

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

[Standing Abs \(Physical Activity Program webinar\)](#)  
May 14 at 11:30 a.m.

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

[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.

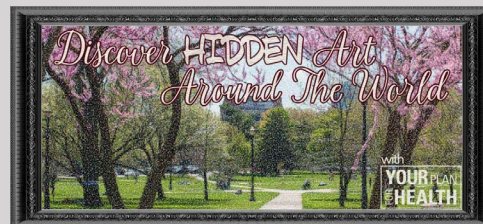
[Lactation Benefits and Resources \(webinar\)](#)  
May 14 at 6:00 p.m.

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

### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### Discover Hidden Art Around The World With Your Plan for Health (YP4H)

The next YP4H [team walking challenge](#) will have you packing your sketchbook, camera, and curiosity as we traverse the world in search of diverse art that's made its mark on history. The university will be working together to virtually explore art across the ages and how people have created these works to tell their stories. Teams of eight can earn up to 5,000 points during the challenge which runs April 28 – June 1. There will also be weekly opportunities to win \$25 Rewards Cash. [Pre-registration](#) opens on April 21. [Contact YP4H](#) with questions.



#### The Walking Gallery

Bring your co-workers or [YP4H Q2 Challenge Team](#) and meet the OSU Health Plan Health Coaches on May 21 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 some steps during the workday! This event is open to all fitness levels and can be performed at your own pace. [Register](#) or visit [Link to Health](#) and search by Class Type "Physical Activity Program" to learn more. Questions? Email [Healthcoach.Osuhealthplan@osumc.edu](mailto:Healthcoach.Osuhealthplan@osumc.edu).

# 2025 PROGRAMS AND EVENTS FOR JUNE



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

## EDUCATIONAL PROGRAMS:

[Burn, Build, and Boost: The Benefits of Circuit and HIIT Workouts \(webinar\)](#)  
June 9 at noon

[Pumping Essentials 101 \(webinar\)](#)  
June 10 at noon

[Core and More \(Physical Activity Program webinar\)](#)  
June 12 at 11:30 a.m.

[Golden Buckeye Center for Dementia Caregiving \(webinar\)](#)  
June 17 at noon

[#MonthlyMotivations \(webinar\)](#)  
June 24 at 10:00 a.m.

[Navigating 4th Trimester: Postpartum Support \(webinar\)](#)  
June 26 at 11:00 a.m.



## GROUP HEALTH COACHING:

[Summer Workout Challenge \(webinar\)](#)  
June 4, 11, 18 and 25 at 11:30 a.m.

[Preventing Diabetes: 12-Weeks to Better Health \(webinar\)](#)  
June 10 through August 26 at 11:00 a.m.



## BUCKEYE BABY PROGRAMS:

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)  
June 12 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)  
June 17 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond](#)  
June 25 at 5:00 p.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

**Biofeedback for Stress Management and Resiliency Training (SMART Lab)**  
Join [OSU Health Coach](#) Amanda in person on June 4 and 18 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](http://linktohealth.osu.edu) and search by Class Type Educational Program, date or keyword "SMART Lab".

### Chair Yoga

Join [OSU Health Coach](#) Adam on June 5 at 11:00 a.m. for the physical activity program "Chair Yoga". During this 20-minute session he will showcase a fully seated yoga routine great for anyone but especially those who make work in an office. Be ready to do the activity while you watch online or save the recording for later. [Register](#) or visit [linktohealth.osu.edu](http://linktohealth.osu.edu) and search by Class Type Physical Activity Program.

Call (614) 292-4700 (option 1, then option 1 again) or email [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu)  
[www.osuhealthplan.com](http://www.osuhealthplan.com)