

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

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 AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join [OSU Health Plan 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 (SMART) 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".

Chair Yoga

Join [OSU Health Plan 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 may 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](#) and search by Class Type Physical Activity Program.

2025 PROGRAMS AND EVENTS FOR JULY



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

EDUCATIONAL PROGRAMS:

[Creating a Kettlebell/ Dumbbell Workout \(physical activity program webinar\)](#)
July 9 at 11:30 a.m.

[Everyday Mobility \(physical activity program webinar\)](#)
July 10 at noon

[Salad Bar in a Jar](#)
July 15 at noon

[The Health Benefits of Horticulture \(Landscapes and Gardens\)](#)
July 15 at noon

[#MonthlyMotivations](#)
July 22 at 10:00 a.m.

GROUP HEALTH COACHING:

[Family Fun in the Kitchen \(webinar\)](#)
July 9, 16, 23 and 30 at 5:30 p.m.

[Sunshine and Self-Care: A Summer Wellness Series \(webinar\)](#)
July 10, 17, 24 and 31 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
July 15 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
July 22 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
July 29 at 5:00 p.m.



MONTHLY HIGHLIGHTS

Stress...We Need to Talk

Join The Ohio State University Employee Assistance Program (EAP) for a transformative four-week series focused on understanding stress and finding effective strategies to cope and recover. In this series beginning July 8 at 11:30 a.m., we will explore the science behind stress, challenge common perceptions, and equip you with practical tools to manage stress in your personal and professional life. [Register](#) or visit linktohealth.osu.edu and search by Class Type EAP Series.

Personal Health Coaching

If you have a co-worker who is eligible for Ohio State benefits or a spouse enrolled in the Ohio State University medical plan that would like the support of a health coach, feel free to forward this flyer. They can contact us at healthcoach.osuhealthplan@osumc.edu to schedule a call. To learn more about our team and services, visit the [Personal Health Coaching](#) page.

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