

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

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:

[Mitigation Strategies to Address Emotional Exhaustion \(webinar\)](#)
July 1 at noon

[S.M.A.R.T. Lab \(in person\)](#)
July 2, 9 and 30 (various times)

[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 \(webinar\)](#)
July 15 at noon

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

[Starting an Exercise Program \(webinar\)](#)
July 29 at noon



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 AND IMPORTANT RESOURCES

Plant Your Legacy With YP4H x Nike

When it comes to putting your feet on the ground, Nike has a guiding mantra: "There is no finish line. Only a starting line." Focusing on progress, not perfection, the most important leg of any journey is just getting started. Your Plan For Health, in collaboration with Nike, invites you to join this [mini team walking challenge](#) from July 1-31. You can earn up to 2,500 points for participating and there will also be opportunities to win \$25 Rewards Cash. [Create or join](#) a team of five today. [Contact YP4H](#) if you have any questions.



The Health Benefits of Horticulture (Landscapes and Gardens)

Do you feel better when you can get outside and take a walk after a stressful day? Or how about a hike in the woods or pulling weeds? [Register](#) to join us on July 15 at noon to learn about recent research and the connection to health and gardening and simply being outdoors in nature. To register, visit linktohealth.osu.edu and search by Class Type Educational Program.

2025 PROGRAMS AND EVENTS FOR AUGUST



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

EDUCATIONAL PROGRAMS:

[The ABC's of Children's Vision and Back to School Vision Screenings and Exams \(webinar\)](#)
August 5 at noon

[Just Breathe: Mindfulness for Stress Reduction and Well-Being \(webinar\)](#)
August 12 at noon

[Floor Abs \(Physical Activity Program webinar\)](#)
August 13 at noon

[Fueling Fertility: Smart Steps Before You Conceive \(webinar\)](#)
August 14 at 11:30 a.m.

[Getting Unstuck: Tools To Help You Get Out of the Rut You're In \(webinar\)](#)
August 19 at 11:30 a.m.

[#MonthlyMotivations \(webinar\)](#)
August 26 at 10:00 a.m.



GROUP HEALTH COACHING:

[Healthy Lifestyle on a Budget \(webinar\)](#)
August 8, 15, 22 and 29 at 11:30 a.m.

[Perfecting Your Exercise Plan: What's Missing and How to Add It \(webinar\)](#)
August 13, 20, 27 and September 3 at noon



BUCKEYE BABY PROGRAMS:

[Lactation Benefits and Resources \(webinar\)](#)
August 5 at 11:00 a.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)
August 21 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

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

Join [OSU Health Plan Health Coach](#) Amanda in person on August 6 and 13 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".

Mental Health Awareness for Managers

Join [The Ohio State University Employee Assistance Program](#) on August 14 at 10:00 a.m. for a wellness workshop focused on increasing understanding of the signs and symptoms of mental health issues and learning approaches to support co-workers and your staff. [Register here](#) or visit [Link to Health](#) and search by Class Type "EAP Workshop" to learn more.

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