

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

2025 PROGRAMS AND EVENTS FOR NOVEMBER



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

EDUCATIONAL PROGRAMS

[Let It Go: Beat Holiday Stress with Simple Breathing Techniques \(webinar\)](#)
November 4 at noon

[Single-Tasking: Reduce Stress and Boost Efficiency \(webinar\)](#)
November 13 at 11:30 a.m.

[Exercising with Pain: Safe Strategies to Stay Active \(webinar\)](#)
November 13 at noon

[#MonthlyMotivations \(webinar\)](#)
November 18 at 10:00 a.m.

[Fitting in Fitness for Busy Parents \(webinar\)](#)
November 18 at noon



GROUP HEALTH COACHING:

[Eating to Support Your Exercise Routine \(webinar\)](#)
November 5, 12 and 19;
December 3 at noon

[Understanding and Supporting Your Metabolism \(webinar\)](#)
November 6, 13 and 20;
December 4 at 11:30 a.m.

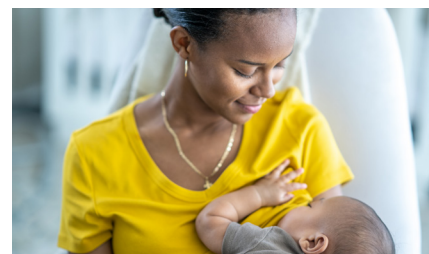


BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
November 4 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)
November 12 at 4:00 p.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
November 18 at 11:00 a.m.



Take Time to Explore Resources Available

Stay up-to-date with the latest online resources from the OSU Health Plan. Discover [wellness articles](#) and a variety of newly added archived content on our [classes and events](#) page.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training (SMART) Lab

Join [OSU Health Plan Health Coach](#) Amanda in person on November 5 and 19 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".

2025 PROGRAMS AND EVENTS FOR DECEMBER



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

EDUCATIONAL PROGRAMS:

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

December 2 at 10:00 a.m.

[Navigating 4th Trimester: Postpartum Support \(webinar\)](#)

December 4 at 11:00 a.m.



GROUP HEALTH COACHING:

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)

December 2, 4, 9 and 11 at noon

[Stopping Your Winter Wellness Slump \(webinar\)](#)

December 3, 5, 10 and 12 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

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

December 2 at 11:00 a.m.

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

December 10 at 11:00 a.m.



MONTHLY HIGHLIGHTS

Biofeedback for Stress Management and Resiliency Training (SMART) Lab

Join OSU Health Plan Health Coach Amanda in person on December 3 and 10 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".

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