

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

2026 PROGRAMS AND EVENTS FOR MARCH



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

EDUCATIONAL PROGRAMS

[#MonthlyMotivations \(webinar\)](#)
March 5 at 10:00 a.m.

[The Neuro-Nutrition Blueprint: Building a Better Brain Through Food \(webinar\)](#)
March 17 at 11:00 a.m.

[Managing Multiple Priorities \(EAP workshop/webinar\)](#)
March 24 at 11:30 a.m.

[The Power of Strength: Building Muscle for Lifelong Health and Longevity \(webinar\)](#)
March 24 at noon

GROUP HEALTH COACHING:

[Beyond the Steps: Getting the Most Out of Your Fitness Tracker \(webinar\)](#)
March 4, 11, 18 and 25 at noon

[Maintaining Success Without a GLP-1 \(series 3 of 3\)](#)
March 26 and April 2, 9 and 16 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

[Know Your OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
March 10 at 11:00 a.m.

[Growing With Every Bite: Nutrition During Pregnancy \(webinar\)](#)
March 19 at 11:00 a.m.

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



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join [OSU Health Plan Health Coach](#) Amanda in person on March 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".

Wired for Well-Being: A Polyvagal Toolkit for Stress Reduction and More

Join the [Ohio State University Employee Assistance Program \(EAP\)](#) for a four-part interactive EAP series starting on March 5 at 11:30 a.m. to explore how the nervous system shapes stress, communication, emotional well-being, and connection...through the lens of Polyvagal Theory. [Register here](#) or visit [Link to Health](#) and search by Class Type "EAP Series" to learn more.

2026 PROGRAMS AND EVENTS FOR APRIL



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

EDUCATIONAL PROGRAMS:

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

April 2 at 10:00 a.m.

[Finding a Financial Planner \(webinar\)](#)

April 7 at noon

[Your Brain is Listening \(webinar\)](#)

April 14 at 11:30 a.m.

[Coping During Financially Stressful Times \(EAP workshop/webinar\)](#)

April 21 at 11:30 a.m.

GROUP HEALTH COACHING:

[The Whole You: 10 Ways to Well-Being \(webinar\)](#)

April 7, 14, 21 and 28;

May 5 and 12 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

[Feeding Baby, Supporting You: Understanding Lactation Benefits \(webinar\)](#)

April 14 at 11:00 a.m.

[Tiny Tastebuds: A Guide to Starting Solids \(webinar\)](#)

April 22 at noon

[Movement for Every Trimester \(webinar\)](#)

April 28 at noon

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

MONTHLY HIGHLIGHTS

Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join [OSU Health Plan Health Coach](#) Amanda in person on April 1, 15 and 29 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".

Wellness Walk: The Lunchtime Loop

Ready to beat the mid-day slump and get your heart rate up? Join [OSU Health Plan Health Coach](#) Bonnie on [April 22](#) or [April 29](#) at noon for a 30-minute mid-day group walk to clear your head and boost your energy. This opportunity will allow you to get some fresh air, hit your step goals, and connect with others. Come prepared to move, chat, and return to your desk feeling recharged. To register, visit [Link to Health](#) and search by Class Type Physical Activity Program, date or keyword "Wellness Walk".

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