

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

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.

The OSU Health Plan is here to support your journey toward a healthier lifestyle.

Our [Weight Management resources](#) are designed to help you achieve and maintain a healthy weight through balanced nutrition, regular physical activity, and mindful habits to enhance your overall health, well-being, and quality of life.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

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 Coach](#) Bonnie on [April 22](#) or [April 29](#) at noon for a 30-minute midday group walk to clear your head and boost your energy. This opportunity will allow you to get some fresh air, hit your step goals, connect with others, 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".

2026 PROGRAMS AND EVENTS FOR MAY



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

EDUCATIONAL PROGRAMS

[Finances with Friends and Family \(webinar\)](#)

May 7 at noon

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

May 12 at 10:00 a.m.

[Building Better Balance \(webinar\)](#)

May 13 at noon

[Exploring Your Money Personality \(EAP workshop/webinar\)](#)

May 20 at 11:30 a.m.

[S.M.A.R.T. Lab \(In-Person\)](#)

May 20 and 27 from 9:30 a.m. to noon (various times)



GROUP HEALTH COACHING:

[Fueling For Performance \(webinar\)](#)

May 7, 14, 21 and 28 at 11:30 a.m.

[Everyday Mindfulness: Skills for Daily Life \(webinar\)](#)

May 19 and 26; June 2 and 9 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

[Know Your OSU Health Plan Benefits During Pregnancy \(webinar\)](#)

May 12 at 11:00 a.m.

[From Bump to Baby: What to Expect Along the Way \(webinar\)](#)

May 19 at 11:00 a.m.

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

MONTHLY HIGHLIGHTS

Circles of Calm: Mindful Walking on The Oval

Step away from your daily routine and enjoy a mindful walk! Join the OSU Health Plan Health Coaches on May 20 anytime between 11:30 a.m. and 1:00 p.m. on The Oval at The Ohio State University (Columbus campus) for a mindfulness walk. This event offers an opportunity to reduce stress while enjoying the mental and physical benefits of movement. 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. Please reach out to Healthcoach.Osuhealthplan@osumc.edu if you have questions.

Mental Health Awareness Workshops

Please join the [Ohio State University Employee Assistance Program \(EAP\)](#) for wellness workshops focused on increasing understanding of the signs and symptoms of mental health issues. Participant discussion and collaboration is encouraged. Join [Mental Health Awareness Workshop for Managers](#) on May 13 at 1:00 p.m. and [Mental Health Awareness Workshop for Staff](#) on May 27 at 1:00 p.m. To learn more visit [Link to Health](#) and search by Class Type "EAP Workshop".

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