

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

## 2026 PROGRAMS AND EVENTS FOR JUNE



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

### EDUCATIONAL PROGRAMS:

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

June 9 at 10:00 a.m.

[Cultivating Digital Wellness: Digital Declutter \(EAP workshop/webinar\)](#)

June 11 at 11:30 a.m.

[Building Better Balance: Live Practice Session \(Physical Activity Program webinar\)](#)

June 11 at noon

[How Your Diet Can Combat Chronic Inflammation \(webinar\)](#)

June 16 at 11:30 a.m.

[Get Grounded! \(webinar\)](#)

June 23 at 11:30 a.m.

### GROUP HEALTH COACHING:

[Build Your Own Exercise Routine \(webinar\)](#)

June 4, 11, 18 and 25 at 11:30 a.m.

[Embracing the Change: A Journey Through Menopause \(webinar\)](#)

June 8, 15, 22 and 29 at 11:30 a.m.



**The Ohio State University 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.

### BUCKEYE BABY PROGRAMS:

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

June 9 at 11:00 a.m.

[The 4th Trimester Journey: Healing, Bonding and Support \(webinar\)](#)

June 16 at 11:00 a.m.

[Growing With Every Bite: Nutrition During Pregnancy \(webinar\)](#)

June 25 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 June 3, 17 and 24 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 [Link to Health](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

# 2026 PROGRAMS AND EVENTS FOR JULY



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

## EDUCATIONAL PROGRAMS

[Begin Where You Are: A Simple Guide to Starting a Walking / Running Program \(webinar\)](#)

July 15 at noon

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

July 21 at 10:00 a.m.

[Are You Ready for Retirement? \(EAP workshop/webinar\)](#)

July 21 at 11:30 a.m.

[Burn, Build, and Boost: The Benefits of Circuit and HIIT Workouts \(webinar\)](#)

July 21 at 12:30 p.m.

[Chair Yoga with Stacy \(webinar\)](#)

July 28 at noon



## GROUP HEALTH COACHING:

[Breaking Barriers to Physical Activity \(webinar\)](#)

July 9, 16, 23 and 30 at noon

[Understanding and Supporting Your Metabolism \(webinar\)](#)

July 20 and 27; August 3 and 10 at 11:30 a.m.



## BUCKEYE BABY PROGRAMS:

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

July 14 at 11:00 a.m.

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

July 21 at 11:00 a.m.

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



## MONTHLY HIGHLIGHTS

### Stretch and Reset

Join [OSU Health Plan Health Coach Adam](#) on July 8 at 11:30 a.m. for the physical activity program "Stretch and Reset". We'll explore proper posture, guide participants through a full body stretch flow, and conclude with a posture reassessment to help track improvement. [Register here](#) or visit [Link to Health](#) and search by Class Type Physical Activity Program.

### Personal Health Coaching

If you have a co-worker that 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](mailto: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](mailto:healthcoach.osuhealthplan@osumc.edu)  
[www.osuhealthplan.com](http://www.osuhealthplan.com)