

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

## 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.

### 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.

### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### 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." This webinar explores proper posture, guides participants through a full-body stretch flow, and concludes 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.

# 2026 PROGRAMS AND EVENTS FOR AUGUST



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

## EDUCATIONAL PROGRAMS:

[Preparing for Breastfeeding Success: Essentials for a Confident Start \(webinar\)](#)  
August 4 at noon

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

[Healing with Humor: Using Humor to Combat Stress \(EAP workshop/webinar\)](#)  
August 19 at 11:30 a.m.

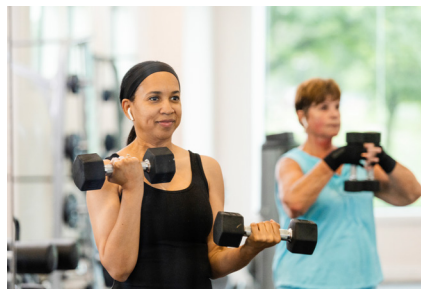
[Permission to Pause: Rest That Actually Restores You \(webinar\)](#)  
August 25 at 11:30 a.m.



## GROUP HEALTH COACHING:

[Power of Protein: Fueling Your Body for Success \(webinar\)](#)  
August 6, 13, 20 and 27 at 11:30 a.m.

[Strong Women, Smart Training \(webinar\)](#)  
August 12, 19 and 26;  
September 2 at noon



## BUCKEYE BABY PROGRAMS:

[Feeding Baby, Supporting You: Understanding Lactation Benefits \(webinar\)](#)  
August 11 at 11:00 a.m.

[Growing With Every Bite: Nutrition During Pregnancy \(webinar\)](#)  
August 18 at 11:00 a.m.

[From Bump to Baby: What to Expect Along the Way \(webinar\)](#)  
August 25 at 11:00 a.m.

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

## MONTHLY HIGHLIGHTS

### Upper Body Resistance Bands

Join [OSU Health Plan Health Coach](#) Alison on August 4 at noon for a 30-minute physical activity session focused on upper body strength using resistance bands. We'll target all major upper body muscle groups with simple, effective exercises. This program is designed for all fitness levels, with options provided to modify movements and adjust intensity based on your needs. [Register here](#) or visit [Link to Health](#) and search by Class Type: Physical Activity Program.

### Thriving at Work and Beyond: Building Balance and Resilience

Join the [Ohio State University Employee Assistance Program](#) for a four-part series starting on August 4 at 11:30 a.m. Learn how to identify the blocks in the way, build skills such as boundary setting and cognitive reframing, and change the way you find balance and resilience in your personal and work life. [Register here](#) or visit [Link to Health](#) and search by Class Type: "EAP Series."

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)