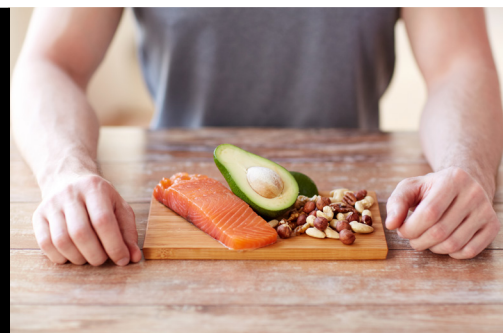


The OSU Health Plan is here to support your wellness journey!

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

[The Bodyweight Workout \(physical activity webinar\)](#)
August 12 at 11:30 a.m.

[#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 AND IMPORTANT RESOURCES

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. In this session, 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](#) 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 \(EAP\)](#) for a four-part EAP series starting on August 4 at 11:30 a.m. to 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" to learn more.

2026 PROGRAMS AND EVENTS FOR SEPTEMBER



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

EDUCATIONAL PROGRAMS

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

September 1 at 10:00 a.m.

[Self-Care Tips for New Parents \(webinar\)](#)

September 3 at noon

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

September 9 at noon

[Enhancing Your Career Wellness \(webinar\)](#)

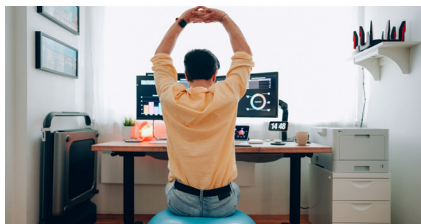
September 10 at noon

[Staying Active at Work and Home \(webinar\)](#)

September 16 at noon

[Managing the Stress of Parenting \(EAP workshop/webinar\)](#)

September 17 at 11:30 a.m.



GROUP HEALTH COACHING:

[Preventing Diabetes: 12-Weeks to Better Health \(webinar\)](#)

September 1 - November 17 at 11:00 a.m.

[Transform Yourself with Fitness \(webinar\)](#)

September 10, 17 and 24; October 1 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

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

September 1 at 11:00 a.m.

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

September 15 at 11:00 a.m.

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

September 23 at noon

*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

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 to schedule a call! To learn more about our team and services, visit the [Personal Health Coaching](#) page.

Email healthcoach.osuhealthplan@osumc.edu

www.osuhealthplan.com



THE OHIO STATE UNIVERSITY
HEALTH PLAN

