

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

2022 PROGRAMS AND EVENTS FOR JULY



To register for any of the programs below, visit linktohealth.osu.edu (search by date or keyword).

EDUCATIONAL PROGRAMS:

[Water First for Thirst for Kids \(webinar\)](#)

July 6 at noon

[Planning to Get Pregnant- Things to Consider \(webinar\)](#)

July 11 at noon

[Totally Tomatoes \(webinar\)](#)

July 14 at noon

[Exercising with Pain and Arthritis \(webinar\)](#)

July 18 at noon

[Time Management Pitfalls and Strategies that Work \(webinar\)](#)

July 21 at 11:30 a.m.

[Saving Under Pressure \(webinar\)](#)

July 26 at 11:30 a.m.

[Buckeyes for Breastfeeding: Starting Out Right \(webinar\)](#)

July 27 at 11:00 a.m.

[Buckeyes for Breastfeeding: Back to Work \(webinar\)](#)

July 28 at 6:00 p.m.

GROUP HEALTH COACHING:

[Exploring Your Gut Health \(webinar\)](#)

July 13, 20 and 27; August 3 at noon

[Four Weeks Towards a Healthy Weight \(webinar\)](#)

July 14, 21 and 28; August 4 at noon



BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)

July 19 at noon

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)

July 26 at noon

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

For additional Parenting & Family webinar topics, visit linktohealth.osu.edu (search Educational Program).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Take a Relaxation Break at the OSU SMART Lab

Join Health Coach Amanda in-person on July 6, 20 and 27 between 9:30 a.m. and 1:00 p.m. (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. Research shows deep breathing can help reduce stress. The biofeedback technology available in the lab will give you real-time feedback about your breathing and heart rhythms through fun computer games, allowing you to improve your practice. 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".

Walk with Health Coach

Come enjoy the nice summer weather for a mid-day break to get some fresh air and some extra steps! Join Health Coach Adam in-person for a 20-minute walk around the Oval on July 7, 14 and 21 at 12:30 p.m. Meet in front of the William Oxley Thompson statue by the library. To register, visit linktohealth.osu.edu and search by Class Type "Physical Activity Program" or date.

10-minute Core Cruncher

Join OSU Health Coach Bonnie at 700 Ackerman, Room 2101 for an in-person 10-minute core crunching workout on July 13, 20 and 27 at 12:30 p.m. Core exercises can help you improve posture, reduce back pain, improve balance, and improve movement with physical activity. To register, visit linktohealth.osu.edu and search by Class Type "Physical Activity Program" or date.