

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

2024 PROGRAMS AND EVENTS FOR MARCH



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

EDUCATIONAL PROGRAMS:

[#MonthlyMotivation: Just One Thing \(webinar\)](#)
March 4 at 10:00 a.m.

[Carry Naloxone. Save a Life! \(webinar\)](#)
March 6 at noon

[Mindfulness and Meditation \(webinar\)](#)
March 7 at noon

[Upper Body Band Workout \(Physical Activity Program Webinar\)](#)
March 13 at 12:30 p.m.

[Winter/Spring Serotonin Boosters \(webinar\)](#)
March 21 at 11:30 a.m.

[Backyard Poultry 101 \(webinar\)](#)
March 26 at noon

[Pumping Essentials 101 \(webinar\)](#)
March 27 at noon



GROUP HEALTH COACHING:

[Spring Mindset Reset \(webinar\)](#)
March 7, 14, 21 and 28 at noon

[Making Progress with Purpose \(webinar\)](#)
March 19 and 26 at noon; April 2 and 9 at noon



BUCKEYE BABY PROGRAMS:

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
March 5 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
March 12 at 11:00 a.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)
March 18 at 5:00 p.m.

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

For additional Parenting & Family webinar topics, visit [Link to Health](#) (search Educational Program).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

March Mindfulness Challenge
Your Plan for Health invites you to participate in this individual challenge where you will set a daily mindful minutes goal and focus on being present in the moment. This is the perfect opportunity to explore the [enhanced RethinkCare programming](#) that added 500 new sessions this year! Earn up to 2,500 points for participating in the challenge which runs March 1-31. Pre-registration begins on February 21. [Read more](#) or [email YP4H](#).



Biofeedback for Stress Management and Resiliency Training

Join Health Coach Amanda in person on March 27th 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".