



PEBB Learning & Events — June 2026

Attend Live Events and Workshops

All times listed are Pacific time.

The Keys to Preventing Diabetes

Provider: Kaiser Permanente

Date: Thursday, June 4, 2026

Time: 12:00–1:00 p.m.

Description: Learn about the diagnosis, treatment, and symptoms of prediabetes.

Register for: [The Keys to Preventing Diabetes](#)

Anti-Inflammatory Lifestyle for a Healthy Body & Brain

Provider: Kaiser Permanente

Date: Monday, June 17, 2026

Time: 12:00–1:00 p.m.

Description: Explore practical strategies to support a healthier lifestyle.

Register for: [Anti-Inflammatory Lifestyle for a Healthy Body and Brain](#)

Wellbeing Wednesdays: Boost Your Brain Power

Provider: Kaiser Permanente

Date: Wednesday, June 15, 2026

Time: 9:00–10:00 a.m.

Description: Practice activities that exercise your mind and improve your brain health.

Register for: [Boost Your Brain Power](#)

PEBB Learning & Events — June 2026

Attend Live Events and Workshops (Continued)

All times listed are Pacific time.

Lyra Live Events for May

Provider: Lyra Health

Date: Dates and times vary.

Description: Join a Lyra event to discuss workplace wellbeing, LGBTQ identity, and more.

View: [Lyra Live Events Summary](#)

Instructions: [Log in to your Lyra account](#). Go to the “Library” tab to register for an event. Lyra Health webinars are open to OSU employees only.

PEBB Learning & Events — June 2026

Watch On-Demand Videos

Connections: Meet Jordan

Description: Explore how to start using telehealth through your medical plan.

Watch: [Connections: Meet Jordan](#)

Power of Purpose

Provider: Canopy

Description: Discuss being purposeful in your daily life.

Watch: [Power of Purpose](#)

Canopy's Virtual Care Navigator

Provider: Canopy

Description: Get tips and tricks for accessing resources through Canopy's Virtual Care Navigator.

Watch: [Virtual Care Navigator](#)

Creating a Functional Fitness Routine

Provider: Moda Health

Description: Develop an easy to follow fitness routine.

Watch: [Creating a Functional Fitness Routine](#)

PEBB Learning & Events — June 2026

Listen to Podcasts

PEBB Health Talks: Virtual Care and Telehealth

Description: Learn about different telehealth options and how to determine where you should go for care.

[Listen: to Health Talks Episode](#)

PEBB Learning & Events — June 2026

Ongoing Events

Click on the links below to explore the webinar and podcast series available to PEBB members.

[Walk With Ease Exercise Program](#)

[Kaiser Permanente: Monthly Webinar Series](#)

[Kaiser Permanente: Mindful Mondays](#)

[Kaiser Permanente: Wellbeing Wednesdays](#)

[Kaiser Permanente: Activate Webinar Series](#)

[WeightWatchers: Wednesday Workshops](#)

[Moda Health: Live and On-Demand Webinars](#)

[Providence: Healthy Bites Podcast – Listen on Spotify](#)

[Canopy: Live Webinar Schedule](#)

[Virta Health Podcast: Your Life, Reset](#)

Benefits Questions?

Email: pebb.benefits@odhsoha.oregon.gov

Phone: 503-373-1102