

# HOST A GROUP SESSION FOR YOUR TEAM

Complete the [online request form](#) to plan wellness programming for your group of eight or more.



## GROUP HEALTH COACHING

Group Health Coaching (GHC) includes four weekly sessions and opportunities to earn YP4H points. Department-specific requests are limited to one GHC per year. [View GHC descriptions.](#)

## EDUCATIONAL PROGRAM

Educational and Physical Activity programs include one session as an opportunity to meet a health coach and sample topics. These sessions don't qualify for YP4H points. [View EP descriptions.](#)

ACTIVE  
LIVING

Breaking Barriers to Physical Activity  
Build Your Own Exercise Routine  
Get Moving for Mental Well-Being  
Starting a Running or Walking Program

Body Weight Workout  
Chair Yoga  
Cardio Anywhere  
Making Time for Physical Activity  
Stretching and Recovery

HEALTHY  
EATING

Foods that Fight Inflammation  
Improving Your Gut Health  
Meal Prep for Success  
The Ultimate Nutrition Guide

Lunch Prep for Lasting Energy  
Hack Your Snack  
Healthy Eating on a Budget  
Mastering Meal Planning

EMOTIONAL  
WELL-BEING

Creating Calm – Practical Skills for Stress Relief  
Habits, Routines, and Rituals for Well-Being  
Making Time for Me Mindful Moments

Breathe Better, Stress Less  
Creating Your Coping Skills Toolbox  
Making Space for Self-Care  
Mindfulness and Meditation  
The Gift of Gratitude

OVERALL  
WELLNESS

Mission Possible – Get Energized on the Go!  
Seasonal Wellness Series  
Sleep Well for Wellness  
The Whole You – 10 Ways to Well-Being

Building Effective Habits  
Is Health Coaching for Me?  
Sleep Well for Wellness  
Quit Quest – A Path to a Nicotine-Free Life

If you have questions about scheduling a group, email [Laura.Peterson@osumc.edu](mailto:Laura.Peterson@osumc.edu). To join upcoming programs available university-wide, browse offerings in [Link to Health](#). To view previous program recordings, visit our [recording archive](#).

