

Spring Into Wellness

A list of resources and events available to NIH staff

Resources and Events

- Various TSP and Medicare/FEHB Webinars beginning April 5, 2022. View OHR [Benefits Events Calendar](#) to Register
- Retirement 101 – April 6
- Social Security 101 – April 12
- Food as Medicine Webinar – April 18
- Burnout and Motivation Webinar – April 26
- [Take Your Child to Work Day](#) – April 28
- Public Service Loan Forgiveness: What It Is & How It Works – April 28
- Blue Cross and Blue Shield Service Benefit Plan Virtual Mental Wellness Series – May 5, 12, 19 & 24
- [Work-Life @ NIH: A Supervisor’s Guide to Enhancing Workforce Well-being](#) – May 16
- [Moment of Meditation: Cultivating a Gratitude Mindset](#) – May 18
- [Bike to Work](#) - May 20, 7:30AM, in front of Building 1, Main Campus
- [Mental Well-Being Expert Panel Webinar](#) - May 20, 12:00PM
- Outdoor Exercise Session to Support Your Mental Well-Being Event - May 24 12:00 PM, in front of Building 1, Main Campus
- Work-Life@ NIH: Navigating Our Future Work Environment; Flexibilities, Adaptation and Communication Webinar – May 25
- Take A Hike Day - June 16, 12:00PM, in front of Building 1, Main Campus
- [Wellness @ NIH](#)
- [Work-Life@NIH](#)
- [Fitness for You](#) – Monthly Virtual Fitness Classes
- [Resilience Through Well-Being Campaign](#)
- [Office of Intramural Training and Education \(OITE\) Wellness](#)
- [NIH Leave Flexibilities and Workplace Resources during COVID-19](#)
- [Child and Family Programs](#)
- [NIH Dependent Care Resource & Referral Service](#)
- [Legal & Financial Resources](#)
- [NIH Center for Cooperative Resolution](#)
- [NIH Employee Assistance Program](#)
- [Mental Health Wellness Resources](#)
- [Emotional Health Wellness Resources](#)
- [Physical Health Wellness Resources](#)
- [Lunch and Learn Webinars](#)
- [Navigating Mental Health Resources at NIH](#)
- [NIH Employee Intranet](#)
- [Future of Work Resource Hub](#)