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