

Spring Into Wellness 2023

Annual campaign listing events and resources available to NIH staff between April and June.
This information and future updates will be posted on the [Work-Life@NIH website](#).

Events

APRIL

The OHR Retirement and Employee Benefits Branch is **hosting a Virtual Financial Fitness Fair during April, in recognition of Financial Literacy Month!** Visit the OHR [Benefits Events Calendar](#) to register for one or more of the webinars:

- [Introduction to TSP Webinar](#) April 4
 - [TSP Contributions: Taking Control of Your Future Webinar](#) April 4
 - [TSP Death Benefits Webinar](#) April 6
 - [TSP In-Service Withdrawal Webinar](#) April 6
 - [TSP Investment Funds Webinar](#) April 11
 - [TSP Loans Webinar](#) April 11
 - [Medicare and FEHB in Retirement Webinar](#) April 11
 - [TSP Distribution Webinar](#) April 13
 - [Medicare 101 Webinar](#) April 13
 - [TSP Investment Funds Webinar](#) April 13
 - [Early to Mid-Career to the New TSP Webinar](#) April 18
 - [TSP Pre-Separation Webinar](#) April 18
 - [Intro to TSP Webinar](#) April 20
 - [TSP Contributions Taking Control of Your Future](#) April 20
 - [TSP Pre-Separation Webinar](#) April 25
 - [TSP Distribution Webinar](#) April 25
 - [Prenatal and Postpartum Care Webinar](#) April 26
 - [Early to Mid-Career to the New TSP Webinar](#) April 27
- [Work-Life @ NIH: A Supervisor's Guide to Enhancing Workforce Well-being](#) April 11
 - [NIMHD 5k Run](#) April 18
 - [NIH Take Your Child to Work Day](#) April 27

MAY

- [Kaiser Permanente Get Moving Webinar](#)- May 9
- [Medicare and FEHB in Retirement Webinar](#) May 9
- [Medicare 101 Webinar](#) May 18

JUNE

- [Kaiser Permanente Men's Health Issues Webinar- June 13](#)
- [BlueCross BlueShield Medicare and FEHB in Retirement Webinar June 15](#)
- [NIH Take a Hike Day June 15](#)
- [Safety Health and Wellness Day June 29](#)

Resources

- [Child and Family Programs](#)
- [Legal & Financial Resources](#)
- [NIH Dependent Care Resource & Referral Service](#)
- [NIH Employee Assistance Program](#)
- [NIH Employee Intranet](#)
- [Office of Intramural Training & Education \(OITE\) – Trainees/Fellows](#)
- [Resilience Through Well-Being campaign](#)
- [Wellness @ NIH](#)
- [Work/Life@NIH \(OHR\)](#)
- [Work-Life@NIH \(ORS\)](#)
- [Workforce Resource Eligibility Matrix](#)
- [Workplace Flexibilities](#)

Archived Webinars

- [Connection & Community](#)
- [Employee Assistance Program \(EAP\) Vignettes: Responding to Symptoms of Anxiety, Relaxation Exercises for the Whole Family and Evaluating My Psychological Health Status](#)
- [How to Prioritize When Everything is a Priority](#)
- [Keeping Relationships Healthy - What Does It Look Like?](#)
- [Leading Transition: Creating Conditions for Effective Conversations \(For Supervisors\)](#)
- [Let's Talk About Loneliness](#)
- [Lunch and Learn Webinars](#)
- [Navigating Our Future Work Environment: NIH Workplace Flexibilities](#)
- [Navigating Transition: Creating Conditions for Effective Conversations \(For All Staff\)](#)
- [Paid Parental Leave at NIH](#)
- [Setting Boundaries Are Necessary for Maintaining Your Well-Being](#)
- [What Does It Mean - Getting Your Affairs in Order](#)
- [Work-Life@NIH: A Workforce Guide to Enhancing Well-Being](#)