

# Spring Into Wellness 2024

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:

- [TSP Contributions Webinar](#)  
April 2
  - [TSP In-Service Withdrawals Webinar](#) April 2
  - [Social Security and Medicare Webinar](#) April 3
  - [TSP Pre-Separation Webinar](#)  
April 3
  - [Boosting Your Immunity Webinar](#) April 4
  - [TSP Loans Webinar](#) April 4
  - [TSP Distributions Webinar](#)  
April 5
  - [TSP Investment Funds Webinar](#) April 7
  - [Estate Planning Best Kept Secrets Webinar](#) April 9
  - [Medicare and FEHB in Retirement Webinar](#) April 9
  - [Early to Mid-Career to the New TSP Webinar](#) April 10
  - [Health Savings Accounts \(HSA\) Your Way: Save and Invest in Your Healthcare Webinar](#) April 10
  - [TSP Distributions Webinar](#)  
April 15
  - [Intro to TSP Webinar](#) April 16
  - [Public Service Loan Forgiveness \(PSLF\) Webinar](#)  
April 16
  - [TSP Contributions Webinar](#)  
April 18
  - [TSP Investment Funds Webinar](#) April 22
  - [Thrift Savings Plan \(TSP\) 101 Webinar](#) April 22
  - [TSP Pre-Separation Webinar](#)  
April 24
  - [Retirement 101 Webinar](#)  
April 24
  - [TSP Distributions Webinar](#)  
April 25
  - [TSP Death Benefits Webinar](#)  
April 30
  - [Early to Mid-Career to the New TSP Webinar](#) April 30
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- [6-Week Spring Well-Being Challenge, "Nourish"](#)
  - [Parenting Peer Circles](#) April 2 & 9
  - [Meditation](#) – open to all federal agencies April 4, 11, 18, 25
  - [NIH Minority Health Walk, Run, Roll 5K](#) April 11
  - [A Virtual Grocery Store Tour](#) April 17

- [Successfully Transitioning from School to Adult Life for Students with Intellectual and Developmental Disabilities](#) April 18
- [Overcoming Imposter Syndrome with Self-Confidence](#) April 23
- [NIH Take Your Child to Work Day](#) – April 25
- [Weekly Fitness and Mindfulness classes](#)

## MAY

- [Meditation](#) May 2, 9, 16, 23, 30
- [Setting Boundaries Workshop](#) May 7
- Loving You – Boosting Self-Esteem and Self-Acceptance May 8
- [Medicare and FEHB in Retirement Webinar](#) May 14
- Caregiving Peer Circles May 16, 30
- [Weekly Fitness and Mindfulness classes](#)

## JUNE

- [Annual Take a Hike Day](#) June 6
- [Meditation](#) June 6, 13, 20, 27
- [Medicare and FEHB in Retirement Webinar](#) June 11
- Caregiving Peer Circles June 13, 27
- 2024 Safety, Health and Wellness Day: Fostering Safety, Belonging and Well-Being June 18
- [Weekly Fitness and Mindfulness classes](#)

## 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](#)