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

- 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