



Welcome to the August 2025 Wellness@NIH Newsletter. See below for upcoming events and resources.

Wellness Program Announcements

NEW! The Wellness Room will open in Building 31, Room 1E04, on Monday, August 18 for in-person fitness and mindfulness classes offered through the Wellness Program and R&W. Please view the August Fitness and Movement class schedule below to view sessions being held in the Wellness Room.

Coming Soon! The NIH Research Festival will take place September 9 – 12 in Building 10. View the schedule of events [here](#).

Upcoming Events

Daily Fitness and Movement Classes: [August Schedule of Classes](#) and [Class Descriptions](#) are available. Classes are 20-30 minutes in length, designed to give you a much-needed movement break, and short enough to get you on to your next meeting. Led by NIH R&W instructors.

NIH Financial Webinar: Join us on **Wednesday, August 20 from 6:00 PM ET - 7:00 PM ET** for **Three Transitions to Retirement** to more confidently address the financial, lifestyle and emotional transitions to retirement. [Reserve your virtual seat today.](#)

Medicare 101: Learn more about Medicare basics and how FEHB coordinates with Medicare on **Thursday, August 21 from 11:00 AM ET - 12:00 PM ET**. There will be an opportunity to ask questions at the conclusion of the webinar. Open to all federal employees. Presented by Kaiser Permanente. [Register today!](#)

Women's Health in Every Decade: From fertility to menopause and everything in between, join an engaging conversation about how women's bodies change — and how to stay strong, healthy and empowered at every stage on **Tuesday, August 26 from 12:15 PM ET - 1:00 PM ET**. [Learn more and register today!](#)

Monthly Meditation: Embrace the opportunity to cultivate stillness. Join us on **Wednesday, August 27 from 3:00 PM ET - 3:30 PM ET** to enjoy the last of the long, hot summer days by slowing down with the quiet and cool practice of non-sleep deep rest (NSDR). NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation link.](#)

Highlights in this Issue

[Back to School Guide](#) (Johns Hopkins)

[Environmental Health for Kids](#) (NIEHS)

[Seasonal Peach Recipe](#) (Eurest Dining)

Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

To arrange sign language interpreting and/or real-time captioning services for our events, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#). If you require reasonable accommodation to participate in an event, please contact the event host as soon as possible.

For questions or comments about this newsletter, please reach out to [Jan Tortarella, NIH Wellness Program Specialist](#)