



As we move into the back end of summer, it's vital that we continue to [promote safe and healthy behaviors](#). Remember to stay hydrated, wear sunscreen, and take breaks indoors throughout the day. For more health and wellness resources and events to help you celebrate the end of summer, see below.

Wellness Announcements

[Join the 39th NIH Institute Relay](#)

Lace up your shoes, grab some friends, and get ready to race in the 39th Annual NIH Institute Relay on **Thursday, September 12**. Each relay team will need 5 runners from across NIH, including Institutes, Centers, Divisions, and Contractors! Sign up when registration opens September 1st!

[Celebrate National Yoga Awareness Month](#)

Find your Zen this September by attending one of the many NIH-hosted, special yoga classes to celebrate National Yoga Awareness Month, highlighted yoga month classes are found in the title link above. Connect mind, body, and spirit through a series of guided yoga classes; and attend as many classes as your schedule allows. For access to all our yoga month classes, bookmark the [News & Events page](#).

Upcoming Events

[Supporting Sensory Loss in Aging](#): Join this webinar on **Thursday, August 15, from 1:00 to 2:00 PM ET** to learn more about how to educate aging adults and family caregivers about sensory loss, and provide the tools and resources available to support family caregivers and their loved ones.

[The Three Transactions to Retirement](#): Learn how to guard against predictable financial risk and prepare for unpredictable risk on **Tuesday, August 20, from 6:00 to 7:00 PM ET**. Gain insight on how to set yourself up to enter retirement with financial confidence.

[Wellness Workshop: Nutrition and Meal Prep for the Whole Family](#): Join ORS and NIDDK staff to explore the importance of eating for your microbiome and the significance of gut health on **Wednesday, August 28, from 12:00 to 1:00 PM ET**. Get recipes to promote gut health and learn tips for meal planning to benefit the whole family.

A Mindful Moment: Body Scan: Bring awareness to your body as you walk through a guided body scan meditation on **Tuesday, September 10 from 12:00 PM to 12:15 PM.** Practice mindfulness as you assess the aches, pains, and find your calm in community.

Highlights in this Issue

- [Wellness Workshop: Setting Boundaries & Work-Life Balance | Recording | Workshop Slides](#)
- [Mindful Approaches to AI Mindful FED Upcoming Courses](#)
- [7 Things to Know About Complementary Health Approaches for Headache and Migraine](#)
- [The BIPOC Mental Health Toolkit \(Available in English and Spanish\)](#)
- [Multiple Sclerosis and Psychological and Physical Approaches](#)

Additional Resources

- [All NIH Movement Classes – Monthly Schedules & Class Descriptions](#)
- [NIH Nursing Mothers Program Prenatal Breastfeeding Education Classes](#)
- [MindfulFED Program Including Daily Classes](#)
- [FREE Virtual Fitness Classes and Archived Videos](#)

Connect with Us

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

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

For questions or comments please reach out to [Leslie Pont, NIH Wellness Program Manager](#)