



Welcome to the February 2025 Wellness@NIH Newsletter and see below for upcoming events. Feel free to view or share a [PDF version](#) of this newsletter.

## Wellness Announcements

**[Mobile Health Biometric Screenings – Bethesda Campus](#)**: During American Heart Month®, biometric health screenings return to Bethesda on two Thursdays: **February 20** and **February 27**. Appointments are **15 minutes each**, held between 8:00 AM and 2:00 PM. Check your blood pressure, cholesterol (non-fasting), diabetes (A1C) and receive general health education. Walk-ins are welcome & appointment reservations are limited. Sign up today.

**[Save the Date: Six-Week Health Challenge for Spring](#)**. “Chirpy” is almost here! This spring, join NIH for the next installment of the virtual, team-friendly health challenges. Mark your calendar now. **Registration begins Monday, March 17** and runs through **Monday, April 7**. [View the FAQ](#) for more details. Grab some colleagues and form a team. And don’t forget to use the mobile app for tracking your progress!

## Upcoming Events – February 19 to March 15

**[Mindful Moment: A Gift of Relaxation](#)**: Join us for non-sleep deep rest (NSDR) **on Thursday, February 19 (20 minutes) at 3:00 PM**. This offering combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state.

**[Setting Boundaries: HHS Workshop](#)**: This seminar helps participants learn best practices for communicating boundaries respectfully and managing potential conflicts with employers or colleagues on **Wednesday, February 19, 11:00 AM to 12:00 PM ET**. You’ll gain skills in delegation, expectation management and maintaining a healthy balance. Once you register for a webinar, you will be emailed the information needed to attend the session, along with reminders the day before

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and one hour before the session begins. For more information, email [OHR-WRD-Wellness-Resilience@hhs.gov](mailto:OHR-WRD-Wellness-Resilience@hhs.gov).

**[Child and Family Webinar: Raising Thriving Kids in a Tech-Saturated World](#)**: Join on **Thursday, February 20, 2025, 1:00 PM – 2:00 PM** to learn more about child/adolescent brain development, the impact of screen time on mental health, and how to foster balanced tech habits that align with your parenting goals and serve as protective factors against the risks associated with screen time exposure.

**[Financial Wellness Webinar: Three Transitions to Retirement](#)**: Join the NIH Federal Credit Union (NIHFCU) on **Wednesday, February 26 from 6:00 PM to 7:00 PM ET**. Join us to: more confidently address the financial, lifestyle and emotional transitions to retirement; guard against risks and manage the inevitable ones; and gauge when you're ready for retirement.

**[Register for Rare Disease Day](#)**: FDA-NIH Rare Disease Day 2025 will be held both in-person at the Natcher Conference Center and virtually on **Thursday, February 27 and Friday, February 28, 2025, from 10:00 AM to 4:00 PM ET**. Providing the rare disease community with information relevant to their lived experiences, including activities that promote research and product development for this underserved population. *Sponsored by the U.S. Food and Drug Administration (FDA) and the National Center for Advancing Translational Sciences (NCATS).*

**[Interested in Joining the Sailing Community at NIH?](#)** The NIH Sailing Association (NIHSA) is having an Open House for NIH staff on **Thursday, March 6 from 6:30 to 8:00 PM** at the Davis Library, Room #1, Bethesda, MD. Join us if you're interested in learning how to sail or already an experienced sailor looking to be part of the NIH sailing community. *No federal funds will be used for this NIHSA event.*

**[Nursing Mothers Program Education Classes](#)**: These classes are designed to complement those offered by your hospital or childbirth educator. Upcoming March classes are offered online on **Monday, March 10 from 12:00 PM-1:00 PM ET**, "Breastfeeding and Return to Work." Prenatal breastfeeding education classes are open to all women working at NIH who are registered for the Nursing Mothers Program. To view other March class future dates, click [here](#).

## Highlights in this Issue

[American Heart Month Toolkit](#) (NHLBI)

[Daily Movement & Fitness Class Calendar](#) and ["Fit for You" Class Descriptions](#) (Wellness@NIH)

[Elderberry Science and Safety](#) (NCCIH)

[Fructose Fuels Cancer Growth Indirectly, Lab Study Finds](#) (NCI)

[Heart Healthy DASH Diet](#) (NHLBI)

[Nutrition is Personal](#) (ONR)

## Additional Resources

[Wellness Wednesdays from Kaiser Permanente](#) – Join Kaiser’s Health Education Team from now through March 27 for live weekly classes on a variety of health topics. Register to view live or access previous recording. Upcoming topics include **March 5 at 12:00 PM ET for Sophrology to Ease Panic Attacks** and **March 11 at 12:00 PM ET Resistance Band Workout**. Recorded sessions include topics like, “Eating for the Season: How to Navigate Winter with the Freshest Eats That Won’t Break the Budget.” View the link above for the full schedule and to register.

[Eating from the Rainbow](#) (Mayo Clinic)

[5 Healthy-Heart Steps That Take Just Minutes](#): (Johns Hopkins)

## Connect with Us

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

- [Wellness@NIH listserv](#)
- [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 Programs Specialist](#)