



This month, we kicked off the summer season by celebrating **Men's Health, Pride Month and National Safety Month!** Whether you are traveling, enjoying time with loved ones, or soaking up the warm weather, NIH has an array of resources and events planned to help you maintain your well-being throughout the summer season.

Wellness Announcements

[Register for Safety, Health and Wellness Day](#)

Explore the many NIH resources created to foster safety, belonging and well-being at this year's Safety, Health and Wellness Day! **This on-campus and hybrid event will kick-off with NIH Director, Dr. Monica Bertagnoli, on Tuesday, June 18** from 11:00 am to 2:00 pm ET. This annual event includes interactive activities, food tastings and five successive mini-sessions detailed in the [event flyer](#).

[Join the GO GOLD Health Challenge](#)

Embrace the spirit of the Summer Olympics and jumpstart your physical fitness by joining the Go GOLD six-week health challenge. Registration opens for all NIH staff on **Monday, June 24, and the challenge runs from July 18 to August 27**. Use the mobile app to track activity, create a team and collaborate on the "Wellness Wall." [Check out the FAQs](#) (immediate download) for more information.

Upcoming Events

[Pathways to Heal for All – NIDDK Webinar](#): Honor the Juneteenth holiday on **Monday, June 17 at 11:00 AM** by learning from Dr. Neil Powe and Vence Bonham, the Acting Deputy Director of NHGRI, about how genomics can be used to address and reach health equity.

[Non-Sleep Deep Rest: Slow Down and Celebrate Oneness](#): Slow down and welcome peaceful rest with the ancient practice of Yoga Nidra, also known as Non-Sleep Deep Rest on **Monday, June 17 at 12:00 PM**. Enter a state of tranquility and awareness through this mindful practice.

[Juneteenth Movement Class](#): Celebrate Juneteenth on **Wednesday, June 19 at 11:00 AM** with a virtual 19-minute African music exploration mixed with rhythmic cultural dance. No prior dance experienced is required. All levels are welcome to join in the fun.

Sensory Vs. Emotional Regulation Webinar: Explore the differences between sensory and emotional regulation and how to navigate big emotions with CEO Alyssa Blask Campbell, on **Thursday, June 20 at 1:00 PM**. Understand more about how to discuss emotions with your family and navigate conflict in a healthy way.

Safe Zone Training: Practice active allyship and learn how to promote awareness and education regarding the needs of the LGBTIA+ community on **Monday, June 24 at 1:00 PM**. Learn about common misconceptions and stereotypes that have no place in our NIH community.

A Mindful Moment: Belonging: Take some time to reflect on the importance of connection and belonging on **Wednesday, June 26 at 12 PM**. During this meditation, you will explore the importance of belonging as an essential aspect of the NIH community.

Financial Wellness: Tips for First Time Home Buyers: Navigate the exciting and overwhelming process of looking for your first home with Green Path, an HUD approved housing counseling agency on **Wednesday, June 26 at 1:00 PM**.

Highlights This Month

- [Juneteenth Toolkit](#) - 19 Days of Wellness
- [Pride Month Resources](#) at NIH
- Healthy Recipes | [Salsa Fresco Recipe](#) and [Grilled Corn Salad Recipe](#)
- [Movement Classes at NIH](#) – Monthly Schedules & Class Descriptions
- [NIH Nursing Mothers Program Prenatal Breastfeeding Education Classes](#)

Additional Resources

- [MindfulFED Program](#) including daily classes
- [Additional Financial Wellness Webinars](#)
- [Unlocking the Door to Men's Health webinar](#) (recording)
- [US Surgeon General's Lecture at NIH on Public Health Leadership](#) (recording)

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](#)

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