



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

Wellness Announcements

Summertime Health Challenge: Challenge yourself to fill the forest with twinkling fireflies (aka lightning bugs) in this summer-themed physical activity program. The more you do the brighter the night — and the more rewarding your Summertime experience. Watch this [1-minute video](#) and be transported back to the energetic vigor of your youth. **Registration is now open! Form a team by Monday, June 23.** [View the flyer and register.](#)

NIH Hiking Club: Are you interested in exploring the beauty of local trails while getting fit and reducing stress? Join our NIH Hiking Club today and enjoy monthly hikes, walks, and runs while making new connections. All fitness levels welcome! [View flyer](#) and the [Summer Hike Schedule](#).

Discontinuation of NIH Back-Up Care Program: After careful consideration and a review of program resources, Child and Family Programs regrets to announce the **discontinuation of the following services effective July 31, 2025:**

- Back-Up Care
- Virtual Tutoring
- Steve & Kate's Camp Services

Child and Family Programs understands that these services have been valuable resources for many NIH families, and this decision was not made lightly. They are committed to supporting you through this transition and will provide information about alternative resources and options as they become available. We appreciate your understanding and continued support of NIH Child and Family Programs. You may direct all questions to NIH Employee Services at ORSWEPB@ors.od.nih.gov.

Upcoming Events

Daily Fitness and Movement Classes: [June 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.

Sleep Awareness Webinar: Join us on **Wednesday, June 18 at 12:00 PM – 1:00 PM ET** to find out why sleep is important for your physical and mental health and learn tips for getting a good night's sleep. [Register today.](#)

Financial Wellness Webinar: Join the NIH Federal Credit Union (NIHFCU) for Women and Investing webinar on **Tuesday, June 24 from 6:00 - 7:00 PM ET** to learn more about taking control of your financial future by becoming a successful, lifelong investor. [Learn more and reserve your virtual seat.](#)

Non-Sleep Deep Rest: As the summer heat brews, take some time to slow down and catch your breath with the 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. **Wednesday June 25, 3:00 PM-3:30 PM ET.** [Join the session.](#)

Thriving in the Dark: How to Protect Your Mental Health: Join this physician-led webinar on **Thursday, June 26 from 12:15 PM – 1:00 PM ET** to learn more about the impact of stress, anxiety, and poor sleep on your mental and physical health, including practical tools to manage life's tough moments and restore resilience. [View the flyer and register.](#)

Guided Meditation for Summer Bliss: Join us on **Monday, July 7 from 12:00 PM – 1:00 PM ET** for a visualization meditation focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes, images, or figures. [Register today.](#)

Highlights in this Issue

[4 Tips for Ripe Produce: Eurest Dining](#) (NIH Food Service)

[DASH Healthy Recipes](#) (NHLBI)

[Stress, Anxiety, and Sleep Problems eBook](#) (NCCIH)

[Sun Safety](#) (Johns Hopkins)

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 Programs Specialist](#)

