



We're thrilled to announce that moving forward the [Wellness@NIH Newsletter](#) will now be sent out **monthly**, providing you with wellness, health education and fitness information every month. Join us as we continue to celebrate **Mental Health Awareness Month and National Physical Fitness and Sports Month** by staying active and prioritizing mental health. See below for upcoming well-being events and informational updates!

## Wellness Announcements

### Mindfulness and Resiliency Tab Added to Wellness@NIH Website

The [Wellness@NIH Website](#) is excited to debut its new page dedicated to "[Mindfulness and Resiliency](#)" to showcase all relevant resources, including Mindful FED programs. The former page (Well-Being & Fitness) is re-named "[Fitness](#)" to allow ample space for all resources to have dedicated sections on the website.

### Have You Signed up to Join Mindful FED?

The NIH has joined forces with [Mindful FED](#), a first-of-its-kind interagency community of practice, focused on elevating agencies' wellness goals by integrating mindfulness strategies and practices into federal workspace culture. This program is open to all employees! Join the [Mindful FED listserv](#) to access classes, receive weekly updates in your mailbox, and more.

## Upcoming Events

**[Bike to Work Day](#):** Enjoy a healthy, fun-filled start to your day this **Friday, May 17** with the NIH Pit Stop **from 7:00 to 9:00am ET**. With more than 100 pit stops in DC, MD and VA, you may simply pick your starting point and join your community in staying active while commuting to work.

**["Navigating Life Changes" Webinar](#):** On **Monday, May 20, at 1:00pm ET**, join Work-Life@NIH & the Employee Assistance Program, for a conversation about how to navigate change by fostering growth and resilience to successfully manage life's changes. Whether you are experiencing a major life change, or preparing for an upcoming change, learn about ideas to navigate the experience.

**["Three Transitions to Retirement" Webinar](#):** Join the NIH Federal Credit Unit on **Wednesday, May 29 from 6:00pm to 7:00pm ET** as they share how to address the financial, lifestyle and emotional transitions to retirement more confidently, and guard against potential risk.

**[“Unlocking the Door to Men’s Health” Webinar](#)**: On **June 5, at 12:00pm ET**, join panelists from the NIMH and Wellness@NIH for a discussion on the importance of taking care of ourselves so we can take care of others. We will address societal norms, despair, stress, coping skills, and the importance of preventative health among other topics. Zoom link is above.

**[Take a Hike Day](#)**: Actively enjoy some fresh air with a mid-day hike on **Thursday, June 6**. Start at an NIH campus or a location of your choosing and connect with us on social media to share your hike for the largest on-campus event of the year!

**[Safety, Health and Wellness Day](#)**: Learn more about the abundance of safety, health and wellness resources available to you on **Tuesday, June 18 from 11:00am to 2:00pm ET**. You may explore the resources in person on the 6<sup>th</sup> floor Conference Center of Building 31C at the Bethesda Campus or access the event kick-off and mini sessions virtually.

Please visit these pages for additional [May events](#) and [June events](#) or view the [Calendar](#).

## Highlights This Month

- [High Blood Pressure Education Month Information](#)
- [NIH Nursing Mothers Program Prenatal Breastfeeding Education Classes](#)
- [National Physical Fitness and Sports Month Events](#)
- [National Asthma & Allergy Awareness Month](#)
- [June is Men’s Health Month](#)
- [Women and Heart Disease](#)
- [Financial Wellness Webinars in May & June](#)

## Fitness Program Updates

- Stay active and prioritize your physical health by joining our FREE, daily virtual fitness classes.
- For a full list of live classes and to access archived fitness videos, visit [Fitness](#) or the corresponding [Calendar of Events](#), updated weekly.

## Wellness & Healthy Living

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](#)