



As we move into the colder days and brighter fall foliage, check out our October resources, events, workshops and classes to suit your well-being needs. From Halloween decorating at the 5k to recipes, and movement classes to financial wellness, there's something for everyone.

Wellness Announcements

Breast Cancer Awareness Month: Breast cancer is the second most common cancer among women in the United States after skin cancer. In honor of Breast Cancer Awareness Month, we are sharing [Breast Cancer Screening \(PDQ®\) for patients](#), [Breast Cancer Screening \(PDQ®\) for health professionals](#), and [NCI's Breast Cancer Risk Assessment Tool](#), a calculator that estimates a patient's risk of developing invasive breast cancer over the next five years and up to age 90. Please attend R&W Classes in support of breast cancer awareness.

Foil the Flu: The annual seasonal influenza immunization program for NIH staff began on **September 30 and ends November 8, 2024**. All staff with a valid NIH identification badge are eligible to receive the flu vaccine for FREE [by appointment only](#). You must be on the NIH network and logged onto VPN to access the registration site.

[Work & Family Month](#) continues with an array of valuable workshops for the whole family. [View the flyer](#), and pre-registration is available for most webinars. Interested in our Bethesda campus event? Visit key information tables at the **Work/Life Resource Fair, Wednesday, October 16 from 9:00 AM to 1:00 PM in the Building 10 South Lobby**.

Upcoming Events

[A Supervisor's Guide to Enhancing Workforce Well-Being](#): Are you looking to support the well-being of both your staff and yourself? Join OHR and ORS on **Monday, October 28, from 9:00 to 11:30 AM**. We encourage [all supervisors](#) to attend and learn about the array of services NIH offers

to support employee well-being. Register via LMS for Course #NIHWDRD1003. Contact [Leslie Pont](#) with questions.

[Financial Wellness: Income for Life](#). Learn more about how to use annuities to help create a guaranteed income for life, including social security and your 401(k) on **Tuesday, October 29 from 6:00 to 7:00 PM ET**. Gain answers to your income for life questions, including retirement income sources, income strategies to consider and more. Sponsored by the NIH Federal Credit Union.

[NEI 5K Walk/Run/Roll](#): Pop on your favorite Halloween costume and join the NIH community for a festive Halloween 5K around the Bethesda campus on **Wednesday, October 30. Halloween contests will start at 10:30 AM and the race will begin at 12:10 PM**, so grab your co-workers and join in the fun. Teams and individuals can register through the link above.

[Mobile Health Screenings Return to Bethesda](#): During American Diabetes Month®, NIH is bringing biometric health screenings back to campus on **Thursday, November 7 and Thursday, November 14 from 8:30 AM to 2:00 PM**. View the scheduler link to reserve your spot. Walk-ups are welcome and space is limited. Contact [Leslie Pont](#) with questions.

[Wellness Workshop. Menopause 101: Supporting the Shift with Sleep, Physical Activity & Nutrition](#): (**rescheduled**) Register for an informative webinar on menopause and how you can optimize your health and well-being during this phase of life. The rescheduled webinar will take place on **Tuesday, November 12 from 12:00 PM to 1:00 PM**. Sponsored by NIH Wellness Programs.

Highlights in this Issue

- [Recording of Wellness Workshop: Reading the Food Label](#)
- [Movement Classes – Monthly Schedule & Class Descriptions](#) (NIH R&W)
- [MindfulFED: Weekly Guided Meditations](#) (OPM)
- [NIH Federal Credit Union – Financial Wellness Webinars](#)
- [A Vision for Advancing Nutrition Science in the United States](#) (WhiteHouse.gov)
- [Heart Healthy Recipe of the Month: Chilean Corn and Meat Pie](#) (NHLBI)
- [Election Stress Kit: Tips & resources to cope with tension and information overload](#) (EAP)
- [Apply for the Intramural Continuing Umbrella of Research Experiences](#) (NCI)
- [Massage Therapy: What You Need to Know](#) (NICCH)

Additional Resources

- [Resources from National Hispanic Heritage Month](#)
- [October is National Disability Employment Awareness Month](#)
- Interviews & Photos from *The NIH Record*: [Take a Hike Day](#) and [Safety Health and Wellness Day](#)

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, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#) or contact the NIH Office of Equity, Diversity, and Inclusion's [Reasonable Accommodation Program](#). 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 [Leslie Pont, NIH Wellness Programs Manager](#).