

2024 Safety, Health, and Wellness Day Schedule of Activities

Keynote & Welcome Remarks *hybrid*

11 am: Keynote - Dr. Monica Bertagnolli, NIH Director
Colleen A. McGowan, MHA, FACHE, ORS Director
David Shurtleff, Ph.D., NCCIH Deputy Director
(Conference Room A/B & [NIH videocast](#))

Mini Sessions Begin in Conf Room D/E & via videocast **11:30 am** (30 mins)

8CRE, "Building Belonging" An interactive discussion highlighting current and upcoming efforts to provide a safe space for the many ideas, talents, experiences, and voices at the NIH. This will be an introduction to the Building Belonging at NIH Series which seeks to provide a platform for community building, including but not limited to people of color, people with disabilities, and LGBTQI+ individuals; organized by the NIH Office of Equity, Diversity, and Inclusion, the NIH Sexual and Gender Minority Research Office, and the Supporters of Eight Changes for Racial Equity. Join the conversation, connect, and engage.

Mini Session – 12 pm (30 mins) *hybrid*

NCCIH, "Wellness Tips for Whenever and Wherever You Find Yourself." Presented by Dr. Sekai Chideya and Dr. Mark Pitcher

The journey to improved health is gradual, and small steps can help you reach your goals. During this session, Sekai Chideya will share and demonstrate a few practical, quick ways to reduce stress and enhance well-being.

Mini Session – 12:30 pm (30 mins) *hybrid*

DOHS & DATS Food Service, "Food Safety - All the Time"
Presented by LCDR Tameika Kastner, Food Safety and Drinking Water Program Manager and Greg Nelson, Food and Retail Program Manager.

Join DOHS Community Health Branch and DATS Food Operations Branch to discuss indoor/outdoor food safety and the safe use of knives in the kitchen.

Mini Session – 1:00 pm (30 mins) *hybrid*

NIH Wellness, "Eight Dimensions of Wellness" Presented by Leslie E. Pont, Wellness at NIH Program Manager.

Each person's life journey is made up of personal experiences largely based on the eight dimensions of wellness. Learn about the dimensions and how they intersect with Wellness at NIH tools

to enhance your unique vision of wellness, including takeaways to share with loved ones.

NIH Fellows Safety Committee, "Securing Safety for Sustainable Science." The Fellows Safety Committee at the NIH is a dedicated, grassroots movement of NIH Fellows interested in promoting the safety and well-being of all researchers on campus. Learn what we are about and pick up a few NIH-related safety tidbits for your benefit. Together, we can make science safer for all!

Mini Session – 1:30 pm
(30 mins) *hybrid*

Interactive Activities
in person

Building Belonging – This "paint-by-numbers" experience invites staff to work together to create a beautiful mural symbolizing connectedness and belonging and will be offered throughout the 2024 SHW Day activities. Here's the inspiration behind the "Paint by Numbers."

Exhibits Open - 11 AM - 2 PM

Screenings with Kaiser BP/BMI Screenings – 11 AM – 2 PM

Dance Vibes Class, Conf Room C (30 mins) – 12 PM

Yoga Class, Conf Room C (30 mins) – 1 PM

Wellness@NIH – Poster session using a design thinking approach to tell us about your own wellness priorities.

Food Offerings

Food Tastings sponsored by FAES - 6th floor at event (free)

Around the World BBQ – Bldg 31 Cafeteria Patio (at cost)

Register Now

Register: [2024 Safety, Health and Wellness Day](#).

Questions about the event? Email [Wellness at NIH](#).

NIH National Institutes of Health

Safety, Health and Wellness Day

Fostering Safety, Belonging and Well-Being

Showcasing safety, health and wellness initiatives, inclusion and belonging, workplace safety, radiation safety, physical fitness activities, nutrition demonstrations and tastings, NIH Institutes and Centers exhibits, interactive activities and more!

Hosted by NIH Office of Research Services (ORS) and our 2024 co-sponsor, the National Center for Complementary and Integrative Health (NCCIH). In collaboration with the Foundation for Advanced Education in the Sciences (FAES), 8 Changes for Racial Equity (8CRE), Sexual & Gender Minority Research Office (SGMRO) and the Office of Equity, Diversity, and Inclusion (ODI).

June 18, 2024
11 a.m.–2 p.m.

Building 31, 6th Floor Conference Center

Videocast for Opening Remarks & Five Mini-Sessions: <https://videocast.nih.gov/watch=54912>