

2019 Spring Into Wellness

<https://wellnessatnih.ors.od.nih.gov/Pages/springintowellness.aspx>



Community *Engagement and involvement in the area where you live*

Event	Date	Time	Location
NIH Community Market	Every Tuesday	10:00 AM to 2:00 PM	Building 10
NIH Community Market	Every Thursday	10:00 AM to 2:00 PM	Building 31



Physical *Good health and enough energy to get things done daily*

Event	Date	Time	Location
Free Fitness For You Classes	Multiple Dates	Multiple Times	Multiple Locations
NIMHD 5k Run	April 24	11:30AM to 1:00PM	Building 1
Bike to Work Day	May 17	7:00AM to 10:00AM	Building 1
Take a Hike Day	June 12	11:30AM to 1:00PM	Building 1
Safety Health and Wellness Day	June 26	10:30AM to 1:30PM	Building 10



Career *How you occupy your time/liking what you do everyday*

Event	Date	Time	Location
Professional Development Courses Available Through NIH Training Center*	Multiple Dates	See Website	NIH Training Center
Managing Multiple Priorities, Projects, and Bosses*	May 7	9:00AM to 4:00PM	NIH Training Center
Leadership Skills for Non-Supervisors*	May 8	9:00AM to 4:00PM	NIH Training Center
Myers Briggs Training*	May 13	9:00AM to 12:00PM	NIH Training Center
Work-Life@NIH: A Supervisor's Guide to Enhancing Workforce Well-being (<i>Register via LMS Course NIHWRD1003</i>)	May 15	9:00AM to 11:30AM	Building 50, Room 1227/1233
Strengths Finder 2.0- Discover What You Do Best*	June 11	9:00AM to 4:30PM	NIH Training Center
Critical Thinking, Problem Solving, and Decision Making*	June 17	8:30AM to 4:30PM	NIH Training Center
Managing Up and Improving Interpersonal Skills*	June 19	1:30PM to 5:00PM	NIH Training Center

*Fee for Service



Social *Relationships in your life*

Event	Date	Time	Location
Lunch and Learn Webinar: How Puberty Affects Brain Development	April 17	1:00PM to 2:00PM	Webinar
Take Your Child to Work Day	April 25	9:00AM to 4:00PM	Multiple NIH Locations
Managing Conflict and Difficult Conversations *	April 25	9:00AM to 4:30PM	NIH Training Center
Stress Management for the Sandwich Generation	May 15	1:00PM to 5:00PM	Webinar

*Fee for Service



Financial *Managing your economic life to reduce stress and increase security*

Event	Date	Time	Location
GEHA Service Day	April 23	9:00AM to 4:00PM	Keystone/K1002 Research Triangle Park, NC
BCBS Service Day	May 2	11:00AM to 2:00PM	Keystone/K1002 Research Triangle Park, NC
Financial Fitness Fair	May 16	10:00AM to 2:00PM	Building 10 FAES Terrace
Pre-Retirement Workshop (CSRS) *	June 19 to 21	9:00AM to 4:00PM	NIH Training Center

*Fee for Service