



Office of Research Services
Serving the NIH Community

Wellness@NIH

As you trade your sunscreen and sunny days for cool evenings and autumn breeze, NIH has all the events and resources you need to mindfully close out the summer and move into the fall season.

Wellness Announcements

Celebrate National Yoga Awareness Month

There is still time to attend September NIH yoga classes to celebrate [National Yoga Awareness Month](#). Connect your breath and body through a series of guided yoga classes and attend as many classes as your schedule allows. Find the link to month-end NIH specialty classes in the title above.

NIH Sport Courts and NIH Club Updates

Move your body and have some fun with the newly upgraded [NIH Sports Courts](#) & three newly formed [NIH Clubs](#): Pickleball, Pathfinders (Hiking), and Yoga. The NIH community has been working hard to get three clubs launched and two sport courts rehabilitated. We encourage you to grab some friends and take advantage of the resources; and make sure you download the map for the [sports courts restrooms](#). See the [schedule](#) (NIH access only) for new NIH club hours, and how to make NIH sport court reservations.

Upcoming Events

[Hatha Yoga for Small Spaces](#): Refresh and reset with a midweek Hatha Yoga practice on **Wednesday, September 18 from 11:30 AM to 12:00 PM**. Learn how to mindfully move even with a limited amount of space.

[NIH Car Free Day](#): Trade your car for a brisk walk or bike ride this **Monday, September 23** on NIH Car Free Day. Show the environment some love and prioritize your fitness by leaving your car keys at home and taking a different form of transportation to work.

[Healthy Aging Month: Falls Prevention and Older Adults](#): Join experts from NIH and the Administration for Community Living to discuss the importance of healthy aging on **Monday, September 23 from 3:30 PM to 4:00 PM**. Focus on the information surrounding falls, fall prevention, and bone health in older adults and how to mitigate adverse effects.

Wellness Workshop: Stress Management: Learn tips and tricks for managing stress and burnout this **Tuesday, September 24 from 12:00 PM to 1:00 PM**. Join your NIH community in setting aside time to explore the effects of stress and how to mitigate them in your everyday life.

A Conversation on Mental Health and Suicide Prevention: Discuss the importance of prioritizing your mental health and having open and honest conversations about suicide prevention on **Wednesday, September 25 from 10:00 AM to 11:00 AM**. Join the conversation around suicide prevention and get information on how to recognize the signs.

September Financial Wellness Webinar: Prepare for Holiday Spending Now: The holidays are right around the corner and now is the time to prepare for any holiday spending. Join the NIH Federal Credit Union and GreenPath Financial Wellness on **September 25 from 1:00 PM to 2:00 PM** to go through the steps to financially prepare for the holidays and help reduce stress around the holidays.

Part II: Men's Health from Awareness to Prevention and Health Promotion: HHS highlights the importance of discussing health issues that affect men on **Thursday, September 26 from 2:00 PM to 3:00 PM**. In their two-part series, learn ways to prioritize men's health and overall well-being.

Wellness Workshop: Nutrition & Reading Food Labels: Join ORS, Wellness@NIH and Kaiser Permanente, with presenter Rachel Wakefield, for a live webinar on **Thursday, October 3 from 12:00 PM to 1:00 PM**. Learn how to read the nutrition facts labels and how to compare products & make healthier food choices for your whole family.

Wellness Workshop. Menopause 101: Supporting the Shift with Sleep, Physical Activity & Nutrition: Register for an informative webinar on menopause and how you can optimize your health and well-being during this phase of life. The webinar will take place on **Thursday, October 10 from 12:00 PM to 1:00 PM**.

Highlights in this Issue

- [R&W: Movement Classes – Monthly Schedule & Class Descriptions](#)
- [MindfulFED: Weekly Guided Meditations](#)
- [NIH Federal Credit Union – October Financial Wellness Webinars](#)

Additional Resources

- [Effects of Chronic Stress on the Body](#)
- [Yoga for Health eBook](#)
- [Immunization Best Practices for Your Workforce](#)
- [What to Know About Seasonal Eating](#)
- [How the Trees on Bethesda Campus Support the NIH Mission](#)
- [Nutrition: Essential to Whole Person Health](#)

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](#)

For questions or comments please reach out to [Leslie Pont, NIH Wellness Program Manager](#)