

# Spring Into Wellness

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A list of resources and events available to NIH staff

## Resources and Events

- [Medicare and FEHB in Retirement](#) – April 21, 2021
- [Take Your Child to Work Day](#) – April 22, 2021
- [Retirement 101](#) – April 28, 2021
- [Work-Life @ NIH: A Supervisor's Guide to Enhancing Workforce Well-being](#) – May 13, 2021
- [Wellness @ NIH](#)
- [COVID-19 Vaccination Plan for NIH Staff](#)
- [Asymptomatic Testing for COVID-19](#)
- All Staff Email: [Extension of Excused Absence as a Workplace Flexibility to Manage Dependent Care Responsibilities During COVID-19](#)
- [NIH Leave Flexibilities and Workplace Resources during COVID-19](#)
- [Child and Family Programs](#)
- [NIH Dependent Care Resource & Referral Service](#)
- [Legal & Financial Resources](#)
- [NIH Employee Assistance Program](#)
- [Mental Health Wellness Resources](#)
- [Emotional Health Wellness Resources](#)
- [Physical Health Wellness Resources](#)
- [Work-Life@NIH](#)
- [Well-being Coaching Sessions](#)
- [Parenting and Caregivers of Children Virtual Support Groups](#)
- [Lunch and Learn Webinars](#)
- [Deputy Director for Management \(DDM\) Seminar Series](#)
- [NIH Employee Intranet](#)
- [Building Resiliency in 2021: Combating Burnout and Pandemic Fatigue](#)
- [Navigating Mental Health Resources at NIH](#)
- [Leading and Thriving in Challenging Times](#)
- [Exploring Financial Management Strategies during the Pandemic](#)