

# My Well-being EXPO

## Oct. 20-Nov. 11, 2022



The **My Well-being EXPO** is your place to go throughout Annual Enrollment to learn about the full suite of well-being programs available to you and your eligible dependents, so you can make informed decisions on your coverage. There are three ways to attend:

#### Audiences:

All U.S. Managers & Employees

More Information: [My Well-being EXPO](#)

[Total Rewards Gateway – Annual Enrollment](#)

[Total Rewards Gateway - Home](#)

#### Point of Contact:

Northrop Grumman  
Benefits Center –  
(800) 894-4194

1. **Visit the [My Well-being EXPO](#)** online, 24/7 for information to assist in making your benefit choices for 2023. Access on-demand videos and webinars, ask questions and earn a chance at prizes.
2. **Mark Your Calendar** with these live-streamed Well-being topic events available online at the [My Well-being EXPO](#). You will get a more in-depth review of benefits available to you within each of the focus areas below, and have access to a separate live chat feature with benefits representatives and vendors.
  - **October 20** 3-5:00PM ET: Financial
  - **October 27** 12-2:00PM ET: Physical
  - **November 3** 3-5:00PM ET: Social
  - **November 8** 12-2:00PM ET: Emotional
3. **Available at Select Locations**, attend an EXPO in-person to interact with benefits team members and join colleagues as you explore well-being programs. Sign up to receive a chair massage [here](#).
  - **October 17** 10:00AM-1:00PM
    - 1 Space Park Drive, Redondo Beach, CA 90278
    - Bldg South Café East Patio
  - **October 19** 10:00AM-1:00PM
    - 3520 East Avenue M, Palmdale, CA 93550
    - Parking Area Between 401 and 405
  - **October 25** 11:00AM-1:00PM
    - 2980 Fairview Park Drive, Falls Church, VA 22042
    - 2<sup>nd</sup> Floor Conference Center
  - **October 26** 11:00AM-1:00PM
    - 7575 Colshire Drive, McLean, VA 22102
    - Conference Room 2213W
  - **November 1** 11:00AM-1:00PM
    - 45101 Warp Drive Building 1, Dulles, VA 20166
    - Auditorium B1
  - **November 2** 11:00AM-1:00PM
    - 7323 Aviation Blvd, Linthicum, MD 21240
    - Central Bldg Auditorium