



July 2023



## Beat the Heat at Home and at Work

Prevent Heat-Related Illnesses This Summer. [»](#)



### Protect Against Skin Cancer

Four things to know or do. [»](#)



### Water, Water, Everywhere

What you can do to stay safe and maybe even save a life. [»](#)



### A Summer of Savings

From theme park attractions to sunscreen. [»](#)



### WEBINAR SPOTLIGHT

July 19 • Noon and 3 PM EDT

#### Maximize Social Security

Register Now [»](#)

July 27 • Noon EDT

#### Balancing Work and Life

Register Now [»](#)

For a complete list of webinars to support your financial, physical, social and emotional well-being, [click here](#).

## Special Announcements



**Share a photo** of you and your pets to be featured in a special article in the August issue of THRIVE.

## DID YOU KNOW?

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the [Total Rewards Gateway](#).



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Stay Healthy, Live Well and Thrive at Northrop Grumman