



February 2024



An Ounce of Prevention

Five ways to prioritize your well-being for a happy and healthy future.

[Read Now >>](#)



Setting an Example

How one employee is mentoring the next wave of world changers with STEM education.

[Read Now >>](#)



Build a Caring Culture

Show others you care in and outside the workplace with these tips.

[Read Now >>](#)



A Little “Me Time”

Self-care practices and ideas to help you take better care of yourself.

[Read Now >>](#)



WEBINAR SPOTLIGHT

Feb. 14 • Noon ET

Know Your Numbers – The Importance of Preventative Care

[Register Now >>](#)

Feb. 21 • Noon and 3 p.m. ET

Understanding Roth Contributions in Your Northrop Grumman Savings Plan

[Register Now >>](#)

View full list of **Total Rewards webinars** to support your well-being.

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](#).



Send us your feedback
and suggestions »

© 2024, Northrop Grumman. All Rights Reserved.

Stay Healthy, Live Well and Thrive at Northrop Grumman