



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.



**Build a Caring Culture** 

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



A Little "Me Time"

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

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## **WEBINAR SPOTLIGHT**

Feb. 14 • Noon ET

Know Your Numbers – The

Importance of Preventative Care

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Feb. 21 • Noon and 3 p.m. ET
Understanding Roth Contributions
in Your Northrop Grumman
Savings Plan

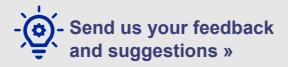
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Stay Healthy, Live Well and Thrive at Northrop Grumman