# THRIVE

Well-being News and Resources for You and Your Family





## July 2024

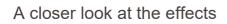
## Your Complimentary 1:1 Financial Consultation

Find answers to common questions about what to expect and how you can reap the benefits.

Read Now >>



Scroll Safe, Stay Safe





Preventive Care: Your Pathway to a Healthier Tomorrow

Learn how you can assess



Thriving in a Multigenerational Workforce

Explore how you can help

of social media on youth and five things you can do to help protect them. your health and take action to prevent chronic conditions.

bridge the generational gap with Northrop Grumman's Generation 2 Generation Employee Resource Group.

#### Read Now >>

Read Now >>





#### **WEBINAR SPOTLIGHT**

July 23 • Noon and 3 p.m. ET **Fitness Demo** 

**Register Now** >>

July 30 • Noon ET Winning with Your Well-being Numbers

**Register Now** >>

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

## **Special** Announcements

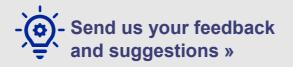


There's still time to earn \$500! Remember to complete the <u>Well-</u> <u>being Incentive Program</u> requirements by Sept. 30.

### **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