

My Well-being Webinars



Note: You must be logged on to the Northrop Grumman network (NGGN) to view presentations via Skype.

TOPICS & DATES

VOICE Summit Session Two

August 2, 11 a.m. ET (in Register section click the hyperlink to add .ics calendar invite)

Summer Safety

August 3, 12 p.m. ET

Guided Meditation for Positive Energy, Relaxation, and Peace

August 8, 12 p.m. ET

American Cancer Society: Making Strides Against Breast Cancer Walks and Health Equity Discussion

August 10, 1 p.m. ET/ 9 a.m. PT

The Emotionally Healthy Teen: Dealing With Issues of Substance Abuse, Depression, Suicide and Eating Disorders in Teenagers

August 10, 12 p.m. ET/ 9 a.m. PT

Talking About Tough Subjects With Your Elderly Parents or Loved Ones

August 10, 3 p.m. ET/ 12 p.m. PT

Identify and Prioritize Your Savings Goals

August 17, 12 p.m. ET or 3 p.m. ET

Oral Health and Wellness – The whole “tooth” about a healthy smile (if prompted enter passcode: DeltaDental#1)

August 11, 3 p.m. ET/ 12 p.m. PT

August 17, 12 p.m. ET/ 9 a.m. PT

No Such Thing as a “Perfect Parent”

August 24, 12 p.m. ET/9 a.m. PT or 3 p.m. ET/12 p.m. PT

Teen Stress (if prompted enter employer code jnjcares4u; then click “Attend a Webinar” button from your Home Page)

August 30, August 24, 12 p.m. ET

MINDFULNESS BREAKS

Join NGCare each week for a guided 10-minute mindfulness practice to focus, energize and de-stress. Cultivate vitality, combat fatigue and sustain your energy with 10 minutes of instructed practice right at your desk.

Tuesdays at 3:15 p.m. ET / 12:15 p.m. PT

Wednesdays at 12:15 p.m. ET / 9:15 a.m. PT

