

Upcoming *My Well-being* Webinars



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

TOPIC	DATE/REGISTER/DIAL-IN
<p>Mindfulness Micro-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. Click here for a 30-minute mindfulness introductory workshop.</p>	<p>Tuesdays at 3:15 PM ET / 12:15 PM PT Wednesdays at 12:15 PM ET / 9:15 AM PT</p>
<p>NGCare: Living Your Best Life Webinar Series NGCare is your partner (for you and your family) in setting and achieving goals, building resilience, and improving emotional well-being. NGCare is providing the <i>Living Your Best Life</i> webinar series to help you and your family with creating your best life in 2021.</p> <p>Living Your Best Life: Let's Talk About Mental Health Wednesday, May 5 – 1 PM ET / 10 AM PT Have you recently experienced higher levels of stress, worry, anxiety or depression? You are not alone. Due to the challenges that the COVID-19 pandemic have caused and the continuing incidents of social injustice, many people are feeling the same way. Join us and learn how to improve your mental health, boost your resilience, and offer support to someone in need.</p>	<p>See dates and times of each webinar in the left column.</p> <p>To register, click on the webinar date.</p>
<p>Bright Horizons College Coach® Webinars Get expert education assistance from Bright Horizons®.</p> <p>Take the worry out of your child's educational future with <i>Bright Horizons College Coach</i>®. Your free benefit gives you access to a team of college admissions and finance experts who can help you maximize your child's academic success and plan for college costs.</p> <p>2021 Bright Horizons College Coach® Webinar Schedule:</p> <p>Education Loan Repayment Strategies Thursday, May 6 at 3 PM ET / 12 PM PT</p> <p>E=MC2: Tips for Science and Engineering Applicants Wednesday, June 30 at 3 PM ET / 12 PM PT</p> <p>Writing Your Best College Essay Wednesday, July 14 at 8 PM ET / 5 PM PT</p> <p>College Admissions Tests: When and How to Start Tuesday, July 27 at 1 PM ET / 10 AM PT</p>	<p>See dates and times of each webinar in the left column.</p> <p>To attend, you must be registered for the Bright Horizons College Coach® benefit. Click here to create your account.</p> <p>First time user? Click sign-up and enter: Employer Username: Northgrum Password: CARE4YOU</p> <p>Returning Users—enter user name and password</p> <p>Questions? Call 866-468-3126 or email ngc@getintocollege.com</p>

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<p>Bright Horizons Special Needs™ Webinars Help Ensure Your Child is on the Right Track for a Bright Future. Find Support Through Bright Horizons Special Needs™.</p> <p>Imagine your child being able to bring his or her whole self to school and knowing he or she is receiving support, overcoming challenges, and reaching critical milestones. Your free <i>Bright Horizons Special Needs™</i> benefit can help you make that vision a reality. Get the tools you need for navigating all phases of the special education journey, from diagnosis through IEPs, 504 plans, and transition to adulthood, including:</p> <ul style="list-style-type: none"> • An interactive website that will help you better understand, advocate for, and support your child • Expert webinars covering a range of social, learning, attention, and developmental challenges • Personalized guidance from an advisor who is matched with your family to address your child’s unique needs <p>2021 Bright Horizons Special Needs™ Webinar Schedule:</p> <p>Education Survival Kit Wednesday, May 12 at 12 PM ET / 9 AM PT</p> <p>Early Intervention for Infants and Toddlers Wednesday, May 26 at 3 PM ET / 12 PM PT</p> <p>Screen Time: Emerging Topics and Best Practices Wednesday, June 2 at 3 PM ET / 12 PM PT</p> <p>Teaching Kids to Navigate Difficult Conversations Wednesday, July 28 at 3 PM ET / 12 PM PT</p> <p>Finding & Keeping Friends: Strategies to Support Your Child Tuesday, September 21 at 12 PM ET / 9 AM PT</p>	<p>See dates and times of each webinar in the left column.</p> <p>To attend, you must be registered for the Bright Horizons Special Needs™ benefit. Click here to create your account.</p> <p>Already registered for Bright Horizons Special Needs? Click here to register for the webinar.</p>

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<p>Fidelity: Wealth Webinar Wednesdays 12 PM and 3 PM ET / 9 AM and 12 PM PT</p> <p>Your College Planning Choices May 19 If you want to discover ways to save and pay for college: Learn about strategies and different options for effectively planning and saving for a child's college education.</p> <p>Five Money Musts June 16 If you're just starting to think about how to manage your money: Learn about five basic money concepts to help you start your financial journey on the right foot.</p> <p>Make the Most of Your Retirement Savings July 21 If you want to save more for retirement: Learn how to maximize your retirement savings, ways to save for retirement beyond your workplace savings plan, and steps you can take today to get prepared for retirement.</p> <p>Identify and Prioritize Your Savings Goals August 18 If you want help saving for multiple goals: Get strategies and tips on prioritizing and funding your specific savings goals, like buying a new home or car, saving for a child's college, and more.</p> <p>Take the First Step to Investing September 15 If you want to understand how to start investing: Learn key investing concepts, common investment types and how to choose your investment approach.</p>	<p style="text-align: center;">Register Now</p> <p style="text-align: center;">Fidelity NetBenefits</p>

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<p>Bright Horizons Family Webinars Join Bright Horizons® for a year of family webinars and parenting podcasts featuring practical advice on parenting, caregiving, learning, and managing your work and family life.</p> <p>Click on a title below to register for one at a time or register once for the entire series by clicking here.</p> <p>2021 Bright Horizons Family Webinar Schedule:</p> <p>Working, Learning, and Parenting in 2021 May 25 at 3 PM ET / 12 PM PT Bright Horizons shares insights from its annual surveys, Modern Family Index and Working Learner Index, which reveal what’s on the minds of thousands working families, and cover the intersection of parenting, education, and caregiving.</p> <p>2021 Bright Horizons Family Webinar Schedule 3rd Quarter:</p> <p>Strategies for the Sandwich Generation July 27 at 12 PM ET / 9 AM PT Double the care, double the love: the Sandwich Generation has the unique role of caring for children and parents at the same time. The responsibilities are complex—join us to dive into helpful strategies to care for them and for yourself.</p> <p>Great Places for Childhood September 28 at 3 PM ET / 12 PM PT A great childhood provides opportunities for creativity, exploration, and play; promotes positive sense of self; and offers secure, trusting relationships with adults. Learn about the benefits of quality child care—what children learn and how.</p>	<p>See dates and times of each webinar in the left column.</p> <p>To register, click on a title (left column) to register for one at a time or register once for the entire series by clicking here.</p>
<p>Stress Management Join this introductory webinar to learn how to identify, manage and prevent stress. Learn how to prevent stress using relaxation, breathing and exercise.</p> <p><i>This is webinar #1 in a 3-part Well-being Wednesdays series designed to help you build your overall physical and emotional well-being while navigating these unprecedented times of COVID-19.</i></p>	<p>Registration is Required</p> <p>Apr. 28, 12 PM ET / 9 AM PT</p>
<p>Guided Meditation for Health and Happiness Join us for a mindful meditation session where we drop into the peace and healing of an instructor guided meditation. Our focus will be to bring our bodies to a deep state of relaxation and healing using all of our senses. No previous meditation experience necessary.</p> <p><i>This is webinar #2 in a 3-part Mindful Mondays series designed to help you combat stress and build resilience while navigating these unprecedented times of COVID-19.</i></p>	<p>Registration is Required</p> <p>May 10, 12 PM ET / 9 AM PT</p>

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<p>Strategies to Reduce Working-Parent Stress and Guilt Working parents are often scrambling to find the elusive work/life balance while juggling school and child care responsibilities. Learn how to let go of working-parent guilt, explore approaches for alleviating stress, and understand how to maximize time with your child.</p>	<p>Register Now May 18, 3 PM ET / 12 PM PT</p>
<p>College Admissions during COVID-19 – Live Q&A Webinar Tuesday, May 18, 2021 at 3 PM ET / 12 PM PT The pandemic has made everything more stressful and complex, including the college admissions process. Join Bright Horizons College Coach for a live video Q&A that targets 11th and 12th graders.</p>	<p>May 18, 3 PM ET / 12 PM PT To attend, you must be registered for the Bright Horizons College Coach® benefit. Click here to create your account. First time user? Click sign-up and enter: Employer Username: Northgrum Password: CARE4YOU Returning Users—enter user name and password</p>
<p>Taking Care of YourSELF Focus on four ways to improve SELF-care (sleep, exercise, love, & food), and learn how daily practice of simple strategies supports improved health and well-being.</p> <p><i>This is webinar #2 in a 3-part Well-being Wednesdays series designed to help you build your overall physical and emotional well-being while navigating these unprecedented times of COVID-19.</i></p>	<p>Registration is Required May 26, 12 PM ET / 9 AM PT</p>
<p>Physical and Emotional Impact of Stress Learn what stress is and how it impacts your physical and mental health while learning how to manage stress more skillfully.</p> <p><i>This is webinar #3 in a 3-part Mindful Mondays series designed to help you combat stress and build resilience while navigating these unprecedented times of COVID-19.</i></p>	<p>Registration is Required June 14, 12 PM ET / 9 AM PT</p>
<p>Taking Care of Your Heart The heart is the hardest working muscle in the body. In this workshop participants will learn about heart disease and identify associated risk factors. The Mediterranean and plant based meal plans will be highlighted in relationship to keeping the heart healthy. Participants will be invited to create a realistic heart-healthy action plan, using their personal strengths to keep their heart healthy for life.</p>	<p>Join Online At June 23, 1 PM ET / 10 AM PT Password: Thrive123 No registration needed To join by phone only, dial 408-418-9388, access code 133 397 7718</p>

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<p>Men's Health Issues As a man what are your risks for heart disease, prostate cancer or diabetes? Learn the risk factors and simple lifestyle changes including weight management that can help you or a loved one avoid chronic disease.</p> <p><i>This is webinar #3 in a 3-part Well-being Wednesdays series designed to help you build your overall physical and emotional well-being while navigating these unprecedented times of COVID-19.</i></p>	<p>Registration is Required</p> <p>June 30, 12 PM ET / 9 AM PT</p>
<p>One-on-One Financial Consultation One-on-one phone-based financial well-being reviews with a Fidelity representative continue to be available. In this complimentary, voluntary review, you'll discuss your goals then build a retirement plan that can help you reach them.</p> <p><i>Retirement well-being reviews are intended to provide a holistic overview of your retirement readiness based on the financial information and goals provided by you to the Fidelity representative. Fidelity has been instructed not to engage in solicitation or sales of products beyond those offered to you in the plan. Northrop Grumman and its employees and affiliates have not endorsed any solicitations, recommendations or offerings.</i></p>	<p>Register here for an appointment</p>