

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</p> <p>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.</p> <p>Click here for a 30-minute mindfulness introductory workshop.</p>	<p>Tuesdays at 3:15 PM ET / 12:15 PM PT</p> <p>Wednesdays at 12:15 PM ET / 9:15 AM PT</p>
<p>Workplace Ergonomics Webinar – Working Safely From Home</p> <p>Learn how to increase efficiency and decrease discomfort in your home work environment by attending this webinar.</p>	<p>Nov. 18, 12 PM ET / 9 AM PT</p>
<p>Financial Planning and Advance Directives</p> <p>This webinar will guide you through helping adult/elder loved ones with their finances. It will cover the basics of Social Security and Medicare as well as scams that have affected seniors. Additionally, this webinar will cover the importance of advance directives, provide resources to help you complete them and strategies to discuss with your relatives. Participants will learn about living wills and durable powers of attorney for health care.</p> <p><i>Sponsored by NGCare, NGFamily and VOICE</i></p>	<p>Nov. 18, 12 PM ET / 9 AM PT</p>
<p>Preserving Your Savings For Future Generations</p> <p>Learn about the components of an estate plan, including information on wills versus probate, powers of attorney, healthcare proxies, and the importance of gifting and insurance replacement strategies.</p>	<p>Nov. 18, 12 PM ET / 9 AM PT</p> <p>Nov. 18, 2 PM ET / 11 AM PT</p>

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<p>Anti-Bias Families: Holidays and Celebrations as Catalysts for Learning</p> <p>Holidays are thought of as a time for family, fun and traditions, but they can also be a time for learning. While often joyous, holidays can inadvertently perpetuate stereotypes and bias. Join this workshop to explore what an authentic approach to holidays look like, and how to use holidays and celebrations as an opportunity to learn about ourselves, others and celebrate diversity.</p>	<p>Nov. 18, 3 PM ET / 12 PM PT</p>
<p>Bright Horizons Back-Up Care, Enhanced Family Supports & College Coach</p> <p>Wondering what you'll do when your regular caregiver is unavailable, an adult relative needs extra help, or your stay-at-home spouse is recovering from surgery? Do you need guidance as your child gets closer to the college admissions process? Are you looking for a nanny, sitter, housekeeper, full-time child care, tutoring and academic support, or even pet care? <i>Bright Horizons Back-Up Care™</i>, <i>Bright Horizons College Coach®</i>, and <i>Bright Horizons Enhanced Family Supports™</i> can help every step of the way. Join our webinar to learn how!</p>	<p>Register Now</p> <p>Nov. 19, 3 PM ET / 12 PM PT</p>
<p>Bright Horizons EdAssist Solutions Education Assistance & Coaching</p> <p>Are you hungry to learn new skills and accelerate your career? Wondering how to get the degree you've always wanted — without breaking the bank? Support from your employer and <i>Bright Horizons EdAssist Solutions®</i> can help you figure out the right education path and how to afford it. Join us to learn all about creating a customized education plan, accessing ongoing support from education experts, and how your benefit can lead you to credits you've already earned (through prior learning, training, or work experience).</p>	<p>Register Now</p> <p>Nov. 24, 1 PM ET / 10 AM PT</p>
<p>Bright Horizons Family Solutions Virtual Benefit Fair</p> <p>During this online event, watch a short presentation on how to take advantage of <i>Bright Horizons Back-Up Care™</i> for your child and adult/elder loved ones, as well as learn about <i>Bright Horizons Additional Family Supports™</i>. You'll also have the opportunity to chat live about your benefits. Join us to learn how your benefits can offer the support your family needs.</p>	<p>Register Now</p> <p>Dec. 1, 1 PM ET / 10 AM PT</p>

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<p>Bright Horizons Family Solutions Virtual Benefit Fair – Enhanced Supports</p> <p>During this online event, watch a short presentation on how to take advantage of <i>Bright Horizons Back-Up Care</i>™ for your child and adult/elder loved ones, as well as learn about <i>Bright Horizons Enhanced Family Supports</i>™. You'll also have the opportunity to chat live about your benefits. Join us to learn how your benefits can offer the support your family needs.</p>	<p>Register Now</p> <p>Dec. 2, 1 PM ET / 10 AM PT</p>
<p>Bright Horizons Special Needs</p> <p>Is your child struggling with learning, social, attention, emotional, or developmental challenges? Whether diagnosed or not, these challenges can be draining for both you and your child, but your <i>Bright Horizons Special Needs</i>™ benefit provides access to guidance and resources to help make sure your child is on track for a bright future. Learn how to take advantage of this completely free benefit today!</p>	<p>Register Now</p> <p>Dec. 3, 2 PM ET / 11 AM PT</p>
<p>Managing Stress: Mind-Body Strategies for You and Your Kids A <i>Bright Horizons Special Needs</i>™ Webinar</p> <p>Demanding jobs, children who need extra support in school or at home, long commutes, aging parents who need your help — juggling responsibilities can be tough! Join us to find out what you can do to help your whole family avoid burnout and take some of the pressure off of everyone.</p> <p>In this webinar, you'll learn how to:</p> <ul style="list-style-type: none"> ▪ Stay centered — even on busy days when everything seems to go sideways ▪ Choose techniques for reducing chronic stress, pain, or even trauma ▪ Teach stress-relieving techniques to kids with or without disabilities <p>Suggested for: <i>Parents/guardians of children of all ages</i></p> <p>You can also schedule a one-on-one guidance session with an expert.</p>	<p>Dec. 8, 12 PM ET / 9 AM PT</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>Paying for College A Bright Horizons College Coach™ Webinar</p> <p>Are you worried about tuition bills and the economic uncertainty of COVID-19? Let us help take the stress out of paying for college. In this presentation, you will learn effective paying-for-college strategies that will help you cover expenses and make it easier to afford your child's education. You'll learn:</p> <ul style="list-style-type: none"> • Where financial assistance comes from and how to maximize eligibility • How aid eligibility is determined and tricky caveats hidden in the fine print • The most effective way to appeal the initial financial aid award or negotiate for more funds • Strategies to employ when spending assets on college • Key considerations when selecting the right education loan <p>Suggested for parents/guardians of 9th – 12th graders.</p> <p>You can also schedule a one-on-one guidance session with an expert.</p>	<p>Dec. 9, 1 PM ET / 10 AM PT</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>
<p>Recognizing and Coping with Stressful Triggers</p> <p><i>This is webinar #3 in a 3-part Mindful Mondays series designed to help you combat stress and build resilience.</i></p> <p>Become aware of triggers and appropriate ways to respond to those triggers for a more balanced life, both inside and outside the workplace.</p>	<p>Registration is Required</p> <p>Dec. 14, 12 PM ET / 9 AM PT</p>
<p>Invest Confidently For Your Future</p> <p>Learn how to build and manage a long-term investment plan—for all of your accounts—that you can feel confident about.</p>	<p>Dec. 16, 12 PM ET / 9 AM PT</p> <p>Dec. 16, 2 PM ET / 11 AM PT</p>

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<p>Healthy Holidays</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.</i></p> <p>The holidays can be stressful. Health eating, exercising and managing stress can be a challenge. Learn tips that can help make the holidays more enjoyable.</p>	<p>Registration is Required</p> <p>Dec. 16, 12 PM ET / 9 AM PT</p>
<p>Raising Kind, Inclusive and Empathetic Children</p> <p>Explore how emotions, perspective and compassion develops, and how we can foster these important human capacities, setting the stage for children to be lifelong members of communities and compassionate, contributing citizens.</p>	<p>Dec. 16, 3 PM ET / 12 PM PT</p>
<p>Bright Horizons Back-Up Care, Enhanced Family Supports & College Coach</p> <p>Wondering what you'll do when your regular caregiver is unavailable, an adult relative needs extra help, or your stay-at-home spouse is recovering from surgery? Do you need guidance as your child gets closer to the college admissions process? Are you looking for a nanny, sitter, housekeeper, full-time child care, tutoring and academic support, or even pet care? <i>Bright Horizons Back-Up Care™, Bright Horizons College Coach®</i>, and <i>Bright Horizons Enhanced Family Supports™</i> can help every step of the way. Join our webinar to learn how!</p>	<p>Register Now</p> <p>Dec. 17, 3 PM ET / 12 PM PT</p>
<p>Bright Horizons EdAssist Solutions Education Assistance & Coaching</p> <p>Are you hungry to learn new skills and accelerate your career? Wondering how to get the degree you've always wanted — without breaking the bank? Support from your employer and <i>Bright Horizons EdAssist Solutions®</i> can help you figure out the right education path and how to afford it. Join us to learn all about creating a customized education plan, accessing ongoing support from education experts, and how your benefit can lead you to credits you've already earned (through prior learning, training, or work experience).</p>	<p>Register Now</p> <p>Dec. 22, 1 PM ET / 10 AM PT</p>

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<p>One-on-One Financial Consultation</p> <p>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>