

# 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><b>Mindfulness Micro-breaks</b>            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 <a href="#">here</a> for a 30-minute mindfulness introductory workshop.</p>	<p><a href="#">Tuesdays at 3:15 PM ET / 12:15 PM PT</a>  <a href="#">Wednesdays at 12:15 PM ET / 9:15 AM PT</a></p>

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<p><b>NGCare: Living Your Best Life Webinar Series</b>  <b>NGCare</b> is your partner (for you and your family) in setting and achieving goals, building resilience, and improving emotional well-being. <i>NGCare</i> 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><b>Living Your Best Life: The 5 Buckets Principle</b>  <a href="#"><u>Tuesday, January 12 - 12 PM ET / 9 AM PT</u></a>  Is it possible to meet the competing demands of finances, friends and family, work, health and community? In this fun, interactive seminar, participants will learn the 5 Buckets Principle™ of work/life balance to get the tools to prioritize what is and should be important. Learn how to think about the BIG PICTURE without ignoring the little things that matter. Making time to manage it all, including time for you and for fun is within your reach by identifying priorities, making choices and managing expectations.</p> <p><b>Living Your Best Life: Getting Organized!</b>  <a href="#"><u>Tuesday, January 19 – 12 PM ET / 9 AM PT</u></a>  If you need help getting organized, this program is for you. It looks at the downside of lax organization, helps you determine your own organizational quotient, explores why we're disorganized, examines the benefits of organization and identifies how to start. It addresses both home and work, discusses storage issues, helps you determine if disorganization is a problem and offers resources.</p> <p><b>Living Your Best Life: Good Relationships Are Good for Your Heart</b>  <a href="#"><u>Thursday, February 11 – 12 PM ET / 9 AM PT</u></a>  During February, we focus on heart health. Did you know that your heart health is very connected to the health of your relationships? The definition of a good relationship includes having a partner who wants to see you continue to grow and develop as a person. Join in an interactive and lively discussion on the misconceptions of relationships, the meaning of fulfillment, the importance of communication and the real definition of happiness.</p> <p><b>Living Your Best Life: The Science of Gratitude</b>  <a href="#"><u>Tuesday, February 23 – 12 PM ET / 9 AM PT</u></a>  This seminar is about learning the science behind gratitude and how it increases the meaningful relationships in all areas of your life. The newest research empowers individuals to learn how to incorporate gratitude both at work and home, and this webinar will incorporate tips and techniques to help you do that. When we focus on what we can be grateful for each and every day it offers a new perspective on our daily life.</p>	<p>See dates and times of each webinar in the left column.</p> <p>To register, click on the webinar date.</p>

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<p><b>Fidelity: Wealth Webinar Wednesdays</b> 12 PM and 3 PM ET / 9 AM and 12 PM PT</p> <p><b>Create a Budget, Ditch Your Debt, and Build for the Future</b> <b>January 20</b> If you want to get your monthly finances on track: Learn about tools, tips, and strategies to help you balance paying down your debt with saving for your future goals.</p> <p><b>Get Started And Save For The Future You</b> <b>February 17</b> If you want to get started in your workplace savings plan, or to save more: Learn the benefits of your workplace savings plan, how to enroll, and small steps you can take to save more.</p>	<p>Register Now</p> <p><a href="#">Fidelity NetBenefits</a></p>
<p><b>Living During Uncertain Times</b> We are all living in unprecedented times, which fosters worry and anxiety. Heightened worry and fear can only make stressful events feel and seem even worse than they are in reality. Controlling the way that we process the events is the goal of this seminar. <i>Sponsored by NGCare</i></p> <p>Presented by: Bill Prasad, Licensed Professional Counselor and Certified Trauma Counselor, whose background includes directing behavioral health programs for first responders, serving as an EAP counselor for defense contractors and the Office of Naval Intelligence. Before working in psychology, Bill won an Emmy as a television reporter with much of his work done in Washington, D.C. as a national correspondent for major news networks.</p>	<p>Register Now</p> <p><a href="#">Jan. 21, 12 PM ET / 9 AM PT</a></p>
<p><b>Bright Horizons Back-Up Care, Enhanced Family Supports &amp; College Coach</b> 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? Bright Horizons Back-Up Care™, Bright Horizons College Coach®, and Bright Horizons Enhanced Family Supports™ can help every step of the way. Join our webinar to learn how!</p>	<p>Register Now</p> <p><a href="#">Jan. 21, 3 PM ET / 12 PM PT</a></p>

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<p><b>Bright Horizons Family Webinars</b> 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 <a href="#">here</a>.</p> <p><b>2021 Bright Horizons Family Webinar Schedule 1<sup>st</sup> Quarter:</b></p> <p><b><a href="#">Perspectives in Pandemic Parenting</a></b> <b>January 26 at 3 PM ET / 12 PM PT</b> Between working from home, staying in place, socializing online, and learning remotely, the pandemic has affected how families live, work, and learn. Hear from a panel of parents sharing personal insights about parenting during this time.</p> <p><b><a href="#">What's Next in Work, Parenting, and Wellness</a></b> <b>March 30 at 3 PM ET / 12 PM PT</b> Experts discuss and reflect on parenting and caregiving during the pandemic, providing guidance and insights for the road ahead on three topics important to families: health and safety, work-life integration, and wellness.</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 <a href="#">here</a>.</p>
<p><b>Get Moving</b> Learn different types of physical activity, the benefits of physical activity, and ways to become more active in your daily life.</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><a href="#">Jan. 27, 12 PM ET / 9 AM PT</a></p>
<p><b>Bright Horizons Family Solutions Virtual Benefit Fair – Enhanced Supports</b> During this online event, watch a short presentation on how to take advantage of Bright Horizons Back-Up Care™ for your child and adult/elder loved ones, as well as learn about Bright Horizons Enhanced Family Supports™. 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><a href="#">Feb. 3, 1 PM ET / 10 AM PT</a></p>
<p><b>Stress and Emotional Eating</b> Identify triggers which lead to overeating, including emotional eating. Learn to better understand eating patterns, why eating becomes a way to handle stress, and what can be done to help.</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><a href="#">Feb. 8, 12 PM ET / 9 AM PT</a></p>

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<p><b>Bright Horizons Special Needs™ Webinars</b>            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"> <li>• <b>An interactive website</b> that will help you better understand, advocate for, and support your child</li> <li>• <b>Expert webinars</b> covering a range of social, learning, attention, and developmental challenges</li> <li>• <b>Personalized guidance</b> from an advisor who is matched with your family to address your child’s unique needs</li> </ul> <p><b>2021 Bright Horizons Special Needs™ Webinar Schedule 1<sup>st</sup> Quarter:</b></p> <p><b>Education Survival Kit</b>            Wednesday, February 10</p> <p><b>Teen Stress</b>            Tuesday, March 16</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.  <a href="#">Click here to create your account.</a></p> <p>Already registered for Bright Horizons Special Needs? <a href="#">Click here to register for the webinar.</a></p>
<p><b>Healthy Habits: Ready, Set, Goal!</b>            Good health can be habit-forming! Learn strategies to target one habit at a time and make healthy changes that stick.</p>	<p>Join Online (Click date below)  <a href="#">Feb. 17, 1 PM ET / 10 AM PT</a></p> <p>Password: Thrive123</p> <p>No Registration Needed</p> <p>To join by phone only, dial 408-418-9388            Access code: 177 242 5457</p>
<p><b>Bright Horizons Back-Up Care, Enhanced Family Supports &amp; College Coach</b>            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? Bright Horizons Back-Up Care™, Bright Horizons College Coach®, and Bright Horizons Enhanced Family Supports™ can help every step of the way. Join our webinar to learn how!</p>	<p>Register Now  <a href="#">Feb. 18, 3 PM ET / 12 PM PT</a></p>

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<p><b>Keeping A Healthy Heart</b> Learn about the symptoms of stroke, coronary artery disease, and high blood pressure, and what you can do to help prevent these conditions.</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</p> <p><a href="#">Feb. 24, 12 PM ET / 9 AM PT</a></p>
<p><b>Bright Horizons Family Solutions Virtual Benefit Fair – Enhanced Supports</b> During this online event, watch a short presentation on how to take advantage of Bright Horizons Back-Up Care™ for your child and adult/elder loved ones, as well as learn about Bright Horizons Enhanced Family Supports™. 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><a href="#">Mar. 3, 1 PM ET / 10 AM PT</a></p>
<p><b>Getting Healthy Sleep</b> Learn about the importance and benefits of sleep for your physical and mental health. Build awareness about sleep disorders and learn tips for getting a good night’s sleep.</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</p> <p><a href="#">Mar. 8, 12 PM ET / 9 AM PT</a></p>
<p><b>Bright Horizons College Coach® Webinars</b> 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><b>2021 Bright Horizons College Coach® Webinar Schedule 1<sup>st</sup> Quarter:</b></p> <p><b>Understanding, Negotiating, and Appealing Financial Aid and Merit Scholarship Offers</b> Tuesday, March 9</p> <p><b>College Admissions: The Insider’s View</b> Wednesday, March 10</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. <a href="#">Click here to create your account.</a></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 <a href="mailto:ngc@getintocollege.com">ngc@getintocollege.com</a></p>

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<p><b>Bright Horizons Back-Up Care, Enhanced Family Supports &amp; College Coach</b></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? Bright Horizons Back-Up Care™, Bright Horizons College Coach®, and Bright Horizons Enhanced Family Supports™ can help every step of the way. Join our webinar to learn how!</p>	<p>Register Now</p> <p><a href="#">Mar. 18, 3 PM ET / 12 PM PT</a></p>
<p><b>Healthy Eating and You</b></p> <p>Learn what a healthy plate looks like and how to plan a healthy diet.</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><a href="#">Mar. 31, 12 PM ET / 9 AM PT</a></p>
<p><b>One-on-One Financial Consultation</b></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><a href="#">Register here for an appointment</a></p>