

# 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>
<p><b><i>Mindful Mondays</i></b></p> <p><b>Intro to Reflective Journaling</b> <b>Monday, October 11, 2021, 12 PM ET / 9 AM PT</b> Learn journal entry tips and techniques that will help document evolving feelings, emotions, and reactions to stressful situations. Become more aware and learn positive coping skills.</p> <p><b>Guided Meditation—Cultivating Gratitude this Holiday Season</b> <b>Monday, November 8, 2021, 12 PM ET / 9 AM PT</b> Join us for a mindful practice of how to incorporate gratitude into your daily life for this season and going forward. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.</p> <p><b>Guided Meditation—Mindful Pause</b> <b>Monday, December 13, 2021, 12 PM ET / 9 AM PT</b> Join us for the benefits of learning and practicing the mindful pause. It is a way to check in with feelings, emotions, and principles and make thoughtful decisions for ourselves and others around us</p> <p><i>This is 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>Click <a href="#">here</a> to register.</p>

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<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:</b></p> <p><b>Navigating the FAFSA and Other Financial Aid Applications</b> Wednesday, October 20 at 12:30 PM ET / 9:30 AM PT</p> <p><b>The Course Ahead: Majors to Careers</b> Wednesday, November 10 at 3 PM ET / 12 PM PT</p> <p><b>PSAT: What a Score Means, Why It Matters</b> Thursday, December 2 at 3 PM ET / 12 PM 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. <a href="#">Click here to create your account.</a></p> <p><b>First time user?</b> Click sign-up and enter: Employer Username: Northgrum Password: CARE4YOU</p> <p>Already registered for Bright Horizons College Coach? <a href="#">Click here to register for the webinars.</a></p> <p>Questions? Call 866-468-3126 or email <a href="mailto:ngc@getintocollege.com">ngc@getintocollege.com</a></p>
<p><b>Fidelity: Wealth Webinar Wednesdays</b> <b>12 PM and 3 PM ET / 9 AM and 12 PM PT</b></p> <p><b>Prepare for the Reality of Healthcare in Retirement</b> <b>October 20</b> If you want a better understanding of health care in retirement: Learn about the costs of health care in retirement and how you can prepare for them.</p> <p><b>Preserving Your Savings for Future Generations</b> <b>November 17</b> If you want information on estate planning: 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><b>Tax Efficient Investing</b> <b>December 15</b> If you want a better understanding of how taxes can impact your investments, and how tax efficient investments, including your 401k, may help you save more to achieve your goals.</p>	<p>Register Now</p> <p><a href="#">Fidelity NetBenefits</a></p>

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<p><b>Bright Horizons Benefit Overview Webinars</b>  Your <i>Bright Horizons Back-Up Care</i>, <i>Bright Horizons College Coach</i>, and <i>Bright Horizons Enhanced Family Supports</i> benefits can help support your family's many care and education needs.</p> <p>Join an upcoming live session to learn how:</p> <ul style="list-style-type: none"> <li>• Thursday, October 21, 3:00 p.m. ET   <a href="#">Register Now</a></li> <li>• Thursday, November 18, 3:00 p.m. ET   <a href="#">Register Now</a></li> <li>• Thursday, December 16, 3:00 p.m. ET   <a href="#">Register Now</a></li> </ul>	<p>See dates and times of each webinar in the left column.</p> <p>To register, click on "Register Now" (left column) to attend a specific session or access a recorded version by clicking <a href="#">here</a>.</p>
<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:</b></p> <p><b>Time Management for Kids and Teens With Executive Function Challenges</b>  Wednesday, October 27 at 3 PM ET / 12 PM PT</p> <p><b>Education Survival Kit for Parents</b>  Tuesday, November 9 at 12 PM ET / 9 AM PT</p> <p><b>When You Disagree With the Public School</b>  Wednesday, December 8 at 3 PM ET / 12 PM 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. <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>

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<p><b><i>Well-being Wednesdays</i></b></p> <p><b>Women’s Health Issues</b>  <b>Wednesday, October 27, 2021, 12 PM ET / 9 AM PT</b>  Learn more about women’s top health issues including breast cancer, osteoporosis, heart disease and pregnancy. Get information on screening treatment alternatives and tips for early detection and prevention.</p> <p><b>Thriving with Pre-Diabetes/Diabetes</b>  <b>Wednesday, November 17, 2021, 12 PM ET / 9 AM PT</b>  Get tips on healthy eating, exercise, and stress management. Also, learn ways to manage pre-diabetes and diabetes through lifestyle changes and receive resources to support you throughout your journey.</p> <p><b>Healthy Holidays</b>  <b>Wednesday, December 15, 2021, 12 PM ET / 9 AM PT</b>  The holidays can be stressful. Healthy eating, exercising, and managing stress can be a challenge. Learn tips that can help make the holidays more enjoy</p> <p><i>This is 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>Click <a href="#">here</a> to register.</p>
<p><b>Bright Horizons Family Webinars &amp; Parenting Workshops</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><b><u>“What Happened to MY World?” Helping Children Cope</u></b>  <b>Tuesday, November 16 at 7 PM ET / 4 PM PT   <a href="#">Register Now</a></b>  Children’s lives have always been marked by change. But some events put particular pressure on adults to be at their best as parents and caregivers. Learn from early childhood experts how you can support children through trauma.</p> <p><b><u>Encouraging Empathy and Gratitude in Young Children</u></b>  <b>Wednesday, November 17, 3:00 p.m. ET   <a href="#">Register Now</a></b>  <b>Thursday, December 9, 3:00 p.m. ET   <a href="#">Register Now</a></b>  Empathy and gratitude are skills that can lead a child to live a full, joyful, successful life. We’ll help you understand the milestones of empathy development, explore how to boost your child’s empathy skills, and provide strategies for helping your child when they struggle to feel empathy or gratitude.</p>	<p>See dates and times of each webinar in the left column.</p> <p>Click on “Register Now” (left column) to register for one event at a time, or register once for the entire series by clicking <a href="#">here</a>.</p>

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<p><b>The Adoption Journey: Stories, Resources and Information</b>  Hear stories from employees who have grown their families through adoption and foster care. And learn about Northrop Grumman resources and benefits that support adoptive and foster parents.</p>	<p>Join ZoomGov Meeting  <a href="https://ngc.zoomgov.com/j/1600930756">https://ngc.zoomgov.com/j/1600930756</a>  Meeting ID: 160 093 0756  Password: 444797</p> <p><a href="#">Nov. 9, 12 PM ET / 9 AM PT</a></p> <p>One tap mobile  +16468287666,,1600930756# US (New York)  Dial by your location  +1 646 828 7666 US (New York)  +61 279 080 729 Australia  +61 388 205 251 Australia  +33 1 8565 8565 France  +39 02 1241 28822 Italy  +81 3 4571 1977 Japan  +82 7 0473 15020 Korea, Republic of  +48 83 888 1043 Poland  +44 203 481 1686 United Kingdom  +31 20 794 7340 Netherlands  Meeting ID: 160 093 0756  Password: 444797  Find your local number:  <a href="https://ngc.zoomgov.com/u/adleH1iARG">https://ngc.zoomgov.com/u/adleH1iARG</a></p>
<p><b>Watch Your Back: Back Care Basics</b>  Learn about basic anatomy, body mechanics, good posture, and simple exercises that can help you avoid pain and keep your back on track.</p>	<p>Register Now</p> <p><a href="#">Nov. 17, 1 PM ET / 10 AM PT</a></p>
<p><b>One-on-One Financial Consultation</b>  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>