



July 2023



Beat the Heat at Home and at Work

Prevent Heat-Related Illnesses This Summer. [»](#)



Protect Against Skin Cancer

Four things to know or do. [»](#)



Water, Water, Everywhere

What you can do to stay safe and maybe even save a life. [»](#)



A Summer of Savings

From theme park attractions to sunscreen. [»](#)



WEBINAR SPOTLIGHT

July 19 • Noon and 3 PM EDT

Maximize Social Security

Register Now [»](#)

July 27 • Noon EDT

Balancing Work and Life

Register Now [»](#)

For a complete list of webinars to support your financial, physical, social and emotional well-being, [click here](#).

Special Announcements



Share a photo of you and your pets to be featured in a special article in the August issue of THRIVE.

DID YOU KNOW?

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the [Total Rewards Gateway](#).



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