

Benefits Events Calendar

December – 2021

Seminars are open to all City employees. Pre-register for new employee benefits orientation using the e-mail address provided. **If there is no registration information, registration is not required.** Questions – Contact Central Benefits at **615-1340** for most sessions or call **447-1924** if you have questions about the Deferred Compensation presentations.

December 2021			
Date	Event	Time	Location/Registration
12/1/21 Wednesday	Nearing Retirement – Deferred Compensation	21:00 pm – 12:45 pm	Click here to register https://bit.ly/3AOu2w5
12/1/21 Wednesday	Taking Care of Yourself: Sleep, Exercise, Love, Food	5:30 pm – 6:30 pm	Click here to register
12/2/21 Thursday	Learning to Embrace Failure	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3pFwC5u
12/6/21 Monday	Investment Overview & Upcoming Fund Changes – Deferred Compensation	12:00 pm – 12:45 pm	Click here to register https://bit.ly/3vwsTYW
12/8/21 Wednesday	Sandwich Generation Webinar	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3B15oIB
12/8/21 Wednesday	Managing Stress	5:30 pm – 6:30 pm	Click here to register https://bit.ly/3G5kpNk
12/10/21 Friday	Investment Overview & Upcoming Fund Changes – Deferred Compensation	12:00 pm – 12:45 pm	Click here to register https://bit.ly/3pmeVYZ
12/15/21 Wednesday	End of Year Check-In – Deferred Compensation	12:00 pm – 12:30 pm	Click here to register https://bit.ly/3vijJGP
12/15/21 Wednesday	Managing Stress: Building Resilience	5:30 pm – 6:30 pm	Click here to register https://bit.ly/3G5kpNk
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/human-resources/benefits/retirees/scers