

# Benefits Events Calendar

## January - March

**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 **615-1340** for most sessions; call **447-1924** if you have questions about the Deferred Compensation presentations.

### January

Date	Event	Time	Location/Registration
1/5/17 Thursday	New Employee Orientation	8:00 am – 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
1/17/17 Tuesday	New Year ... New You! 10 Financial Resolutions	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
1/19/17 Thursday	New Employee Orientation	8:00 am – 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
1/25/17 Wednesday	Blood Pressure Screening	10:30 am – 1:30 pm	Seattle Municipal Tower, 4070
1/25/17 Wednesday	Get Fit on the Clock	12:00 pm – 1:00 pm	Seattle Municipal Tower, 4050

### February

Date	Event	Time	Location/Registration
2/2/17 Thursday	New Employee Orientation	8:00 am – 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
2/7/17 Tuesday	10 Foods for Optimal Health	12:00 am – 12:45 pm	Seattle Municipal Tower, 4080
2/9/17 Thursday	Dealing with my Credit Cards	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
2/15/17 Wednesday	Approaches to Decision-Making	12:00 pm – 1:00 pm	Seattle Municipal Tower, 4080
2/16/17 Thursday	New Employee Orientation	8:00 am – 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
2/22/17 Wednesday	Blood Pressure Screening	10:30 am – 1:30 pm	Seattle Municipal Tower, 4070
2/22/17 Wednesday	Family Law	12:00 pm – 1:00 pm	Seattle Municipal Tower, 4050

# March

Date	Event	Time	Location/Registration
3/2/17 Thursday	Supporting Family Members with Mental Health Issues	12:00 pm - 1:00 pm	Webinar Login Required: Address TBA
3/2/17 Thursday	New Employee Orientation	8:00 am - 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
3/16/17 Thursday	Tech Neck Seminar	12:00 pm - 1:00 pm	Seattle Municipal Tower, 4050
3/16/17 Thursday	New Employee Orientation	8:00 am - 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>
3/29/17 Wednesday	Blood Pressure Screening	10:30 am - 1:30 pm	Seattle Municipal Tower, 4070
3/30/17 Thursday	New Employee Orientation	8:00 am - 4:30 pm	Seattle Municipal Tower, 1650 Enroll thru <a href="#">Employee Self-Service</a>