

# Benefits Events Calendar

## August – October 2019

**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.

### August 2019

Date	Event	Time	Location/Registration
8/1/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650
8/6/19 Tuesday	Nearing Retirement – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
8/15/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650
8/15/19 Thursday	Money and Relationships – Webinar	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
8/20/19 Tuesday	457 Basics – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
8/22/19 Thursday	Health Plan Options for Retiring Employees	11:30 am – 12:30 pm	Seattle Municipal Tower 4050 and Skype; Register on Cornerstone
8/28/19 Wednesday	Blood Pressure Screening	10:30 am – 1:30 pm	Seattle Municipal Tower 4090
8/28/19 Wednesday	Dealing with Burnout – Webinar	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
8/29/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650

# September 2019

Date	Event	Time	Location/Registration
9/11/19 Wednesday	FSA Information Session – Webinar	7:00 am – 7:30 am	Webinar Login Required: Address TBA
9/11/19 Wednesday	Building a Budget & Debt Reduction – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
9/12/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650
9/12/19 Thursday	Adopting a Healthy Lifestyle – Webinar	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
9/16/19 Monday	Flu Shot Clinic	1:30 pm – 4:30 pm	Seattle Municipal Tower 4050
9/18/19 Wednesday	FSA Information Session – Webinar	12:00 pm – 12:30 pm	Webinar Login Required: Address TBA
9/18/19 Wednesday	Taking Sleep Seriously – Webinar	12:00 pm – 1:00 pm	Webinar Login Required: Address TBA
9/19/19 Thursday	Health Plan Options for Retiring Employees	11:30 pm – 12:30 pm	Seattle Municipal Tower 4050 and Skype – Register on Cornerstone
9/20/19 Friday	Flu Shot Clinic	12:30 pm – 4:30 pm	Seattle Municipal Tower 4050
9/24/19 Tuesday	Flu Shot Clinic	8:00 am – 4:30 pm	Seattle Municipal Tower 4080
9/24/19 Tuesday	Nearing Retirement – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
9/25/19 Wednesday	Blood Pressure Screening	11:30 am – 1:30 pm	Seattle Municipal Tower 4090
9/26/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650
9/26/19 Thursday	Social Security 101	12:00 pm – 1:30 pm	Bertha K. Landes Room – City Hall

# October 2019

Date	Event	Time	Location/Registration
10/3/19 Thursday	Benefits Fair & Flu Shot Clinic	9:30 am – 2:00 pm	City Hall – Bertha K. Landes Room
10/8/19 Tuesday	FSA Information Session	12:30 pm – 1:15 pm	Seattle Municipal Tower 4050
10/9/19 Wednesday	457 Basics – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
10/10/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650
10/10/19 Thursday	Benefits Fair & Flu Shot Clinic	7:30 am – 10:00 am	Bitter Lake Community Center; 13035 Linden Avenue N.; Seattle 98133
10/17/19 Thursday	Benefits Fair & Flu Shot Clinic	7:30 am – 10:00 am	Rainier Community Center; 4600 – 38 <sup>th</sup> Avenue S.; Seattle 98118
10/21/19 Monday	Flu Shot Clinic	8:00 am – 4:30 pm	Seattle Municipal Tower 4050
10/22/19 Tuesday	Building a Budget & Debt Reduction – Deferred Compensation	11:30 am – 12:30 pm	Seattle Municipal Tower 4050
10/23/19 Wednesday	Blood Pressure Screening	11:30 am – 1:30 pm	Seattle Municipal Tower 4090
10/24/19 Thursday	Health Plan Options for Retiring Employees	11:30 pm – 12:30 pm	Seattle Municipal Tower 4050 and Skype – Register on Cornerstone
10/24/19 Thursday	New Employee Orientation	8:30 am – 4:30 pm	Seattle Municipal Tower 1650