

# Benefits Events Calendar

Webinars are open to all City employees. If there is no registration information, registration is not required. Questions? Contact the Benefits Unit at [Benefits.Unit@seattle.gov](mailto:Benefits.Unit@seattle.gov) or 206-615-1340. If you have questions about the Deferred Compensation presentations; [DeferredCompQuestions@seattle.gov](mailto:DeferredCompQuestions@seattle.gov) or 206-447-1924.

April 2025			
Date	Event	Time	Location/Registration
4/2/25 Wednesday	Introduction to Deferred Compensation	12:00 pm - 12:45 pm	Register <a href="#">here</a>
4/3/25 Thursday	Benefits 101 – 10 Ways to Save on Prescriptions	1:00 pm - 2:00 pm	Register <a href="#">here</a>
4/8/25 Tuesday	Maximizing Your Flexible Spending Accounts	11:30 am - 12:30 pm	Register <a href="#">here</a>
4/8/25 Tuesday	Deferred Compensation Investment Options	12:00 pm - 12:30 pm	Register <a href="#">here</a>
4/10/25 Thursday	Why, When, and How to Get a Second Medical Opinion	10:00 am – 11:00 am	Register <a href="#">here</a>
4/15/25 Tuesday	Hobbies for Physical and Mental Health	12:00 pm – 1:00 pm	Register <a href="#">here</a>
4/17/25 Thursday	Caring from a Distance	11:00 am – 12:00 pm	Register <a href="#">here</a>
4/17/25 Thursday	Nearing Retirement	12:00 pm - 12:45 pm	Register <a href="#">here</a>
4/21/25 Monday	Staying Healthy as a Family	12:00 pm - 1:00 pm	Register <a href="#">here</a>
4/22/25 Tuesday	Supporting Family Members as They Age	1:00 pm - 2:00 pm	Register <a href="#">here</a>
4/24/25 Thursday	Feeling Stuck? Practical Ways to Get Yourself Moving Again	11:30 am - 12:30 pm	Register <a href="#">here</a>