

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 or 206-615-1340. If you have questions about Deferred Compensation: DeferredCompQuestions@seattle.gov or 206-447-1924.

August 2025			
Date	Event	Time	Location/Registration
8/5/25 Tuesday	Developing a Growth Mindset	11:30 am - 12:30 pm	Register here
8/7/25 Thursday	Quit for Life: Tobacco Cessation Webinar	10:00 am - 11:00 am	Register here
8/12/25 Tuesday	Benefits 101 - Choosing the Right Health Plan for You	1:00 pm - 2:00 pm	Register here
8/13/25 Wednesday	Introduction to Deferred Compensation	12:00 pm - 12:45 pm	Register here
8/18/25 Monday	Managing Personal Finances	12:30 pm - 1:30 pm	Register here
8/19/25 Tuesday	Rollovers into Deferred Compensation	12:00 pm - 12:30 pm	Register here
8/21/25 Thursday	Benefits 101: Where You Get Care Matters	12:00 pm - 1:00 pm	Register here
8/25/25 Monday	Grocery Savvy: Mastering Smart Shopping & Label Reading	12:00 pm - 1:00 pm	Register here
8/28/25 Thursday	Nearing Retirement	12:00 pm - 12:45 pm	Register here