

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 the Deferred Compensation presentations; DeferredCompQuestions@seattle.gov or 206-447-1924.

May 2025			
Date	Event	Time	Location/Registration
5/6/25 Tuesday	Mobile Mammography Event	7:40 am – 3:20 pm	Register here
5/6/25 Tuesday	Financial Planning for Life	11:30 am - 12:30 pm	Register here
5/7/25 Wednesday	Mobile Mammography Event	7:40 am - 3:20 pm	Register here
5/7/25 Wednesday	Introduction to Deferred Compensation	12:00 pm - 12:45 pm	Register here
5/8/25 Thursday	Benefits of Group Term Life Insurance at Any Age	12:00 pm - 1:00 pm	Register here
5/9/25 Tuesday	Basics of Estate Planning	12:00 pm - 1:00 pm	Register here
5/13/25 Tuesday	The New Realities of Home Ownership	12:00 pm - 1:00 pm	Register here
5/14/25 Wednesday	Navigating the Deferred Compensation Website	12:00 pm - 12:30 pm	Register here
5/15/25 Thursday	Perimenopause & Menopause: It's More Than a Flash!	12:30 pm - 1:30 pm	Register here
5/15/25 Thursday	Quit for Life Tobacco/Nicotine Cessation Webinar	10:00 am - 11:00 am	Register here
5/15/25 Thursday	Benefits 101 - How to be a Savvy Healthcare Consumer	11:00 am - 12:00 pm	Register here
5/19/25 Monday	Finding Calm in the Chaos: Skills for Everyday Life	12:00 pm - 1:00 pm	Register here
5/21/25 Wednesday	How to Speak to Your Healthcare Provider	12:00 pm - 1:00 pm	Register here

5/22/25 Thursday	From Cravings to Control: How to Stop Emotional Eating in its Track	10:00 am - 11:00 am	Register here
5/22/25 Thursday	Nearing Retirement	12:00 pm - 12:45 pm	Register here