

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.

July 2025			
Date	Event	Time	Location/Registration
7/7/25 Monday	Mini Moves	12:00 pm - 1:00 pm	Register here
7/8/25 Tuesday	Introduction to Deferred Compensation	12:00 pm - 12:45 pm	Register here
7/9/25 Wednesday	Social Security: The Choice of a Lifetime	12:00 pm - 1:00 pm	Register here
7/9/25 Wednesday	Benefits 101 - Your EAP is More Than Counseling	10:30 am - 11:15 am	Register here
7/10/25 Thursday	Perimenopause & Menopause: It's More Than a Flash! (2 of 4)	12:30 pm - 1:30 pm	Register here
7/15/25 Tuesday	Benefits 101: Using Your Benefits to Manage Chronic Conditions	11:00 am - 12:00 pm	Register here
7/16/25 Wednesday	Distributions from Deferred Compensation	12:00 pm - 12:30 pm	Register here
7/16/25 Wednesday	Eating Healthy on a Budget	11:30 am - 12:30 pm	Register here
7/22/25 Tuesday	Hinge Health - Choosing Self-Management	10:00 am - 11:00 am	Register here
7/23/25 Wednesday	Benefits 101: Your Accolade Clinical Support Benefit	11:00 am - 12:00 pm	Register here
7/24/25 Thursday	Talking About Money in Uncertain Times	12:00 pm - 1:00 pm	Register here
7/28/25 Monday	Activate Series Cardio Boost	12:00 pm - 1:00 pm	Register here
7/29/25 Tuesday	Coping During Uncertain Times	12:30 pm - 1:30 pm	Register here
7/30/25 Wednesday	Planning for Healthcare Costs in Retirement	12:00 pm - 1:00 pm	Register here