

Benefits Events Calendar

Webinars are open to all City employees. Pre-register for new employee benefits orientation using the email address provided. **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.

March 2024			
Date	Event	Time	Location/Registration
3/5/24 Tuesday	<i>Deferred Compensation: How Deferred Comp Contributions Impact Taxes</i>	12:00 pm – 12:30 pm	Register at https://bit.ly/DeferredCompandTaxes
3/6/24 Wednesday	Proactive Health: Dealing with Sleep Issues	11:00 am – 12:00 pm	Register at https://bit.ly/3I3TljR
3/12/24 Tuesday	All Work and No Play – Avoiding Burnout	12:30 pm – 1:30 pm	Register at https://bit.ly/4bRvYYy
3/14/24 Thursday	Proactive Health: Gut-Brain Connections	12:00 pm – 1:00 pm	Register at https://bit.ly/3SXlqhP
3/14/24 Thursday	<i>Deferred Compensation: Deferred Comp Distribution and Taxes</i>	12:00 pm – 12:30 pm	Register at https://bit.ly/DeferredCompDistantTaxes
3/19/24 Tuesday	Proactive Health: Eating for High Energy	11:30 am – 12:30 pm	Register at https://bit.ly/49xVEbb
3/19/24 Tuesday	<i>Deferred Compensation: How Deferred Comp Contributions Impact Taxes</i>	12:00 pm – 12:30 pm	Register at https://bit.ly/DeferredCompContandTaxes
3/21/24 Thursday	Creating Good Health Humor	11:30 am – 12:30 pm	Register at https://bit.ly/4bJlgTY
3/26/24 Tuesday	Proactive Health: Women’s Health	10:00 am – 11:00 am	Register at https://bit.ly/4bCy0eN
3/28/24 Thursday	<i>Deferred Compensation: Deferred Comp Distribution and Taxes</i>	12:00 pm – 12:30 pm	Register at https://bit.ly/DeferredCompDistantTax