

Benefits Events Calendar

Seminars 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 **206-615-1340** for most sessions or call **206-447-1924** if you have questions about the Deferred Compensation presentations.

August 2023			
Date	Event	Time	Location/Registration
8/3/23 Thursday	Fostering Inclusion in the Workplace	1:00 pm – 2:00 pm	Click here to register https://bit.ly/3JTRWxo
8/7/23 Monday	Neck Pain	11:30 am – 12:30 pm	Click here to register https://bit.ly/3JRUDJE
8/8/23 Tuesday	Building Successful Teams	12:00 pm – 1:00 pm	Click here to register https://bit.ly/44E7Rbd
8/9/23 Wednesday	Planning for Health Care Costs in Retirement – Deferred Compensation	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle8-9-23
8/10/23 Thursday	Breathe Your Way to a Better Life?	11:30 am – 12:30 pm	Click here to register https://bit.ly/3D8L1Nf
8/15/23 Tuesday	Dare to be Bold	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3XL8gX8
8/16/23 Wednesday	Meeting the Challenges of Aging – Deferred Compensation	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle8-16-23
8/23/23 Wednesday	Planning for Health Care Costs in Retirement - Deferred Compensation	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle8-23-23
8/23/23 Wednesday	Self-Care: Relaxation to Suit Your Lifestyle	12:30 pm – 1:30 pm	Click here to register https://bit.ly/46VFdV8
8/30/23 Wednesday	Women's Health	12:30 pm – 1:00 pm	Click here to register https://bit.ly/3WiMKYp
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/humanresources/benefits/retirees/s/cers