

Benefits Events Calendar

March – 2022

Seminars are open to all City employees. Pre-register for new employee benefits orientation using the e-mail address provided. **If there is no registration information, registration is not required.** Questions – Contact Central Benefits at **615-1340** for most sessions or call **447-1924** if you have questions about the Deferred Compensation presentations.

March 2022

| Date | Event | Time | Location/Registration |
|----------------------|---|------------------------|---|
| 3/2/22 Wednesday | What's Your Gut Telling You | 12:30 pm – 1:00 pm | Click here to register https://bit.ly/3upJGOW |
| 3/9/22 Wednesday | Building Your Plate: How to Build a Meal That's Right for You | 11:30 am – 12:30 pm | Click here to register https://bit.ly/3JtEwpw |
| 3/9/22 Wednesday | Nearing Retirement – Deferred Compensation | 12:00 pm – 12:45 pm | Click here to register |
| 3/10/22 Thursday | Hinge Health | 11:30 am – 12:30 pm | Click here to register https://bit.ly/3AWeFTR |
| 3/15/22 Tuesday | Adopting a Healthy Lifestyle | 12:00 pm – 1:00 pm | Click here to register https://bit.ly/3uZLChc |
| 3/16/22 Tuesday | Nearing Retirement – Deferred Compensation | 12:00 pm – 12:45 pm | Click here to register |
| 3/23/22 Wednesday | Dealing With Burnout | 12:30 pm – 1:30 pm | Click here to register https://bit.ly/3HTtnxO |
| 3/29/22 Tuesday | Understanding Tax Returns | 11:30 am – 12:30 pm | Click here to register https://bit.ly/3LVxAmX |
| Online Any time | Health Plan Options for Retiring Employees | N/A | http://www.seattle.gov/human-resources/benefits/retirees/scers |