

Benefits Events Calendar

November – 2021

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

November 2021

Date	Event	Time	Location/Registration
11/2/21 Tuesday	Tech Neck	11:30 am – 12:30 pm	Click here to register https://bit.ly/2X7bXM4
11/3/21 Wednesday	Emotional Eating	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3oTl9iA
11/4/21 Thursday	Managing Taxes on Your Retirement – Deferred Compensation	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3uJASBv
11/10/21 Wednesday	Single Parenting – Strategies and Resources	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3DDyn76
11/10/21 Wednesday	Staying Healthy This Winter: Addressing Immunizations – COVID 19 & Flu	12:30 pm – 1:00 pm	Click here to register https://bit.ly/3nc3Dn7
11/17/21 Wednesday	Special Catch-up Options – Deferred Compensation	12:00 pm – 12:30 pm	Click here to register https://bit.ly/3BLoUKA
11/17/21 Wednesday	Managing Stress: Building Resilience	5:30 pm – 6:30 pm	Click here to register https://bit.ly/3G5kpNk
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/human-resources/benefits/retirees/scers