

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.

January 2024			
Date	Event	Time	Location/Registration
1/9/24 Tuesday	Nearing Retirement – Deferred Compensation	12:00 pm – 12:30 pm	Register at https://bit.ly/3viYCKl
1/10/24 Wednesday	Introduction to Deferred Compensation	12:00 pm – 12:30 pm	Register at https://bit.ly/3TONpIN
1/11/24 Thursday	Understanding Tax Returns	12:30 pm – 1:00 pm	Register at https://bit.ly/3TmvpPv
1/17/24 Friday	Social Support in Your Life	12:30 pm – 1:00 pm	Register at https://bit.ly/3NQi1iV
1/18/24 Thursday	New Year...New You! Financial Resolutions You Can Keep	11:30 am – 12:30 pm	Register at: https://bit.ly/3uTidrk
1/22/24 Monday	What is Proactive Health?	1:00 pm – 2:00 pm	Register at https://bit.ly/41HCBrt
1/23/24 Tuesday	Accolade – Your Proactive Health Advocate	10:00 am – 11:00 am	Register at https://bit.ly/41HTKBj
1/23/24 Tuesday	Proactive Health: Making an Annual Well-being Plan	11:00 am – 12:00 pm	Register at https://bit.ly/3vfcNHk
1/23/24 Tuesday	Proactive Health: Inflammation, Diet, and Disease	12:30 pm – 1:30 pm	Register at https://bit.ly/3TDwBhF
1/24/24 Wednesday	Proactive Health: Aging Wisely	9:00 am – 10:00 am	Register at https://bit.ly/48yJVlq
1/24/24 Wednesday	Proactive Health in the BIPOC Community	12:00 pm – 1:00 pm	Register at https://bit.ly/47m9Rps

January 2024

Date	Event	Time	Location/Registration
1/24/24 Wednesday	Nearing Retirement – Deferred Compensation	12:00 pm – 12:45 pm	Register at https://bit.ly/3H6Y4kl
1/25/24 Thursday	Proactive Health: Alternative Medicine	11:00 am – 12:00 pm	Register at https://bit.ly/47kqHoC
1/25/24 Thursday	Planning for Health Care Costs in Retirement – Deferred Compensation	12:00 pm – 1:00 pm	Register at https://bit.ly/3NiC09N
1/25/24 Thursday	Proactive Health: Clean Living	1:00 pm – 2:00 pm	Register at https://bit.ly/47gQWfR
1/26/24 Friday	Proactive Health: Maximizing Brain Potential	10:00 am – 11:00 am	Register at https://bit.ly/3TIHheS
1/26/24 Friday	Proactive Health: Preventing and Reducing Pain	12:00 pm – 1:00 pm	Register at https://bit.ly/3NKwZHI