

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.

November 2023			
Date	Event	Time	Location/Registration
11/1/23 Wednesday	Food as Medicine	12:30 pm – 1:00 pm	Register at https://bit.ly/470jcUc
11/2/23 Thursday	Flu Shot and COVID-19 Clinic – Bitter Lake	7:30 am – 9:00 am	Register at https://bit.ly/3tMzfXI
11/6/23 Monday	Flu Shot and COVID-19 Clinic – SMT	9:00 am – 2:00 pm	Register at https://bit.ly/3QAaTsR
11/7/23 Tuesday	<i>Deferred Compensation: Social Security: The Choice of a Lifetime</i>	12:00 pm – 1:00 pm	Register at https://bit.ly/Seattle11-7-23
11/8/23 Wednesday	It's Holiday Time Already?	11:30 am – 12:30 pm	Register at https://bit.ly/3PKj58a
11/9/23 Thursday	Dual Career Relationships	11:00 am – 12:00 pm	Register at https://bit.ly/3Q4q8u2
11/9/23 Thursday	How to Win the Holidays with Weight Watchers	10:00 am – 11:00 am	Register at https://bit.ly/40gu91P
11/13/23 Monday	How Financial Stress Affects the Workplace	1:00 pm – 2:00 pm	Register at https://bit.ly/3Mktgqr
11/15/23 Wednesday	<i>Intro to Deferred Comp</i>	9:00 am – 9:45 am	Register at https://bit.ly/DCNovWebinars
11/15/23 Wednesday	<i>Intro to Deferred Comp</i>	12:00 pm – 1:00 pm	Register at https://bit.ly/DCNovWebinars
Throughout November	Headaches: It's Not Just in Your Head	Various	Register at https://bit.ly/40gs4mF
11/15/23 Wednesday	Motivating Your Staff and Improving Morale	12:00 pm – 1:00 pm	Register at https://bit.ly/3rvKAKT

11/21/23 Tuesday	Self-Care: Getting Organized	10:00 am – 11:00 am	Register at https://bit.ly/3QEoNdn
11/28/23 Tuesday	<i>Managing Taxes on your Retirement Income – Deferred Comp</i>	12:00 pm – 1:00 pm	Register at https://bit.ly/Seattle11-28-23
11/30/23 Thursday	<i>Deferred Comp: End of year check-in</i>	9:00 am – 9:45 pm	Register at https://bit.ly/DCNovWebinars
11/30/23 Thursday	<i>Deferred Comp: End of year check-in</i>	12:00 am – 12:45 pm	Register at https://bit.ly/DCNovWebinars