

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.

April 2023			
Date	Event	Time	Location/Registration
4/4/23 Tuesday	Increasing Mental Toughness	11:30 am – 12:30 pm	Click here to register http://bit.ly/3Jq2Lqf
4/5/23 Wednesday	How Deferred Comp Contributions Impact Taxes	12:00 pm – 12:45 pm	Click here to register
4/5/23 Wednesday	Nutritional Inclusion: Healthy Tips for all Plates	12:30 pm – 1:30 pm	Click here to register https://bit.ly/3JuOLgd
4/6/23 Thursday	Medical Benefits Feedback Session #1	12:00 pm – 1:00 pm	Click here to register
4/12/23 Wednesday	Brain Health	11:30 am – 12:30 pm	Click here to register https://bit.ly/3kRUqTN
4/12/23 Wednesday	Deferred Comp Distributions & Taxes	12:00 pm – 12:30 pm	Click here to register
4/18/23 Tuesday	Nutritional Inclusion: Understanding Food Labels Across Culturally Diverse Diets	11:00 am – 12:00 pm	Click here to register https://bit.ly/3F3PpyC
4/19/23 Wednesday	How Deferred Comp Contributions Impact Taxes	12:00 pm – 12:20 pm	Click here to register
4/19/23 Wednesday	Shifting the Culture: A Leader's Role in Mental Well-Being	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3L7TWDM
4/20/23 Thursday	Medical Benefits Feedback Session #2	12:00 pm – 1:00 pm	Click here to register
4/25/23 Tuesday	Stress and Children	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3F4PIsQ
4/26/23 Wednesday	Deferred Comp Distributions & Taxes	12:00 pm – 12:30 pm	Click here to register
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/human-resources/benefits/retirees/scers