

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.

July 2023			
Date	Event	Time	Location/Registration
7/11/23 Tuesday	Social Media Privacy	11:30 am – 12:00 pm	Click here to register https://bit.ly/3NepJci
7/12/23 Wednesday	Deferred Compensation Online Tools & Tips	9:00 am – 9:45 am	Click here to register https://bit.ly/DCJuly23
7/12/23 Wednesday	Deferred Compensation Online Tools & Tips	12:00 pm – 12:45 pm	Click here to register https://bit.ly/DCJuly23
7/13/23 Thursday	Self-care: Don't Forget Your Social Life	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3Xc0cyq
7/18/23 Tuesday	How to Cultivate Compassion and Empathy in the Workplace	11:00 am – 12:00 pm	Click here to register https://bit.ly/3N5k9lQ
7/19/23 Wednesday	Taking Sleep Seriously	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3No46jb
7/20/23 Thursday	Deferred Compensation Loans	9:00 am – 9:45 am	Click here to register https://bit.ly/DCJuly23
7/20/23 Thursday	Deferred Compensation Loans	12:00 pm – 12:45 pm	Click here to register https://bit.ly/DCJuly23
7/25/23 Tuesday	Power of Volunteering	11:00 am – 12:00 pm	Click here to register https://bit.ly/43VLmOY
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/humanresources/benefits/retirees/servers