

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.

May 2023			
Date	Event	Time	Location/Registration
5/4/23 Thursday	Nutritional Inclusion: Cultural Norms & Emotional Eating	12:30 pm – 1:30 pm	Click here to register https://bit.ly/41sfT5h
5/9/23 Tuesday	Self-Care – Boosting Self-Confidence	12:00 pm – 1:00 pm	Click here to register https://bit.ly/43qaUEI
5/16/23 Tuesday	<i>Social Security: The Choice of a Lifetime – Deferred Compensation</i>	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle5-16-23
5/17/23 Wednesday	Supporting Family Members Living With Mental Health Issues	11:30 pm – 12:30 pm	Click here to register http://bit.ly/43m2f5E
5/17/23 Wednesday	<i>Estate Planning and Beneficiary Considerations – Deferred Compensation</i>	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle5-17-23
5/18/23 Thursday	Nutritional Inclusion: Truths About Healthy Eating	11:00 am – 12:00 pm	Click here to register https://bit.ly/40fICKR
5/19/23 Friday	<i>Social Security: The Choice of a Lifetime – Deferred Compensation</i>	12:00 pm – 1:00 pm	Click here to register https://bit.ly/Seattle5-19-23
5/24/23 Wednesday	Connecting with Your Resilience	12:30 pm – 1:00 pm	Click here to register
5/31/23 Wednesday	<i>Deferred Comp Online Tools & Resources</i>	9:00 am – 9:45 am or 12:00 pm – 12:45 pm	Click here to register Click here to register
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/human-resources/benefits/retirees/scers