

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.

September 2023			
Date	Event	Time	Location/Registration
9/7/23 Thursday	Mindfulness	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3EeYseV
9/12/23 Tuesday	Handling Financial Stress	11:00 am – 12:00 pm	Click here to register https://bit.ly/3OT237s
9/14/23 Thursday	Impact of Gratitude	11:30 am – 12:30 pm	Click here to register https://bit.ly/45MterD
9/14/23 Thursday	<i>Deferred Comp While Working – Deferred Compensation (Offered Twice)</i>	9:00 am – 9:45 am	Click here to register https://bit.ly/SeptDCWebinars
9/14/23 Thursday	<i>Deferred Comp While Working – Deferred Compensation</i>	12:00 pm – 12:45 pm	Click here to register https://bit.ly/SeptDCWebinars
9/15/23 Friday	<i>Nearing Retirement – Deferred Compensation (Offered Twice)</i>	9:00 am – 9:45 am	Click here to register https://bit.ly/SeptDCWebinars
9/15/23 Friday	<i>Nearing Retirement – Deferred Compensation</i>	12:00 pm – 12:45 pm	Click here to register https://bit.ly/SeptDCWebinars
9/20/23 Wednesday	Creating the Secret Sauce: The Perfect Team	1:00 pm – 2:00 pm	Click here to register https://bit.ly/3Ei2Aev
9/21/23 Thursday	WW – Building Healthier Habits with Tracking	10:00 am – 11:00 am	Click here to register https://bit.ly/3P1Bzka
9/21/23 Thursday	Suicide Prevention	12:30 pm – 1:30 pm	Click here to register https://bit.ly/3L3nnGe
9/26/23 Tuesday	Self-Care at Work	11:30 am – 12:30 pm	Click here to register https://bit.ly/44z6Y36
9/27/23 Wednesday	Self-Care: Mindfulness in Your Workday	12:00 pm – 1:00 pm	Click here to register https://bit.ly/44ALhjc
9/28/23 Thursday	Living off your Paycheck	11:30 am – 12:30 pm	Click here to register https://bit.ly/3L9dRkX

9/29/23 Friday	Flexible Spending Accounts Information	11:30 am – 12:15 pm	Click here to register https://bit.ly/3L6ouVQ
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/huma nresources/benefits/retirees/s cers