

Benefits Events Calendar

Webinars are open to all City employees. 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 Deferred Compensation: DeferredCompQuestions@seattle.gov or 206-447-1924.

September 2025			
Date	Event	Time	Location/Registration
9/4/25 Thursday	The Art of Meaningful Choices	11:00 am - 12:00 pm	Register here
9/9/25 Tuesday	Navigating the Deferred Compensation Website	12:00 pm - 12:30 pm	Register here
9/9/25 Tuesday	Healthcare Demystified: A Comprehensive Guide to Medical Benefits and Wellbeing	12:30 pm - 1:30 pm	Register here
9/10/25 Wednesday	Benefits 101: Using Your Benefits to Manage Chronic Conditions	11:00 am - 12:00 pm	Register here
9/11/25 Thursday	Perimenopause & Menopause: It's More Than a Flash! (3 of 4)	12:30 pm - 1:30 pm	Register here
9/16/25 Tuesday	Getting the Most out of Your Healthcare Benefits	11:30 am - 12:30 pm	Register here
9/17/25 Wednesday	Investment Options in Deferred Compensation	12:00 pm - 12:30 pm	Register here
9/18/25 Thursday	From Dusk to Dawn: Cultivating Success with Daily Routines	10:00 am - 11:00 am	Register here
9/23/25 Tuesday	Benefits 101: Exploring Fringe Value Add Benefits at the City	12:00 pm - 12:45 pm	Register here
9/25/25 Thursday	Introduction to Deferred Compensation	12:00 pm - 12:45 pm	Register here
9/29/25 Monday	Renew & Recharge: Navigating Burnout	12:00 pm - 1:00 pm	Register here
9/30/25 Tuesday	FSA Smart: Your Open Enrollment Advantage	11:30 am - 12:15 pm	Register here