

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 the Deferred Compensation presentations; DeferredCompQuestions@seattle.gov or 206-447-1924.

January 2026			
Date	Event	Time	Location/Registration
1/14/26 Wednesday	Sleep: An Essential Component of Health and Well-being	11:30 am - 12:30 pm	Register here
1/15/26 Thursday	WW: The Unstoppable Start - A Guide to Imperfect Progress	10:00 am - 10:30 am	Register here
1/26/26 Monday	Hinge Health 101 - Program Overview	11:00 am - 11:30 am	Register here
1/26/26 Monday	Exercise as You Age	1:00 pm - 2:00 pm	Register here
1/27/26 Tuesday	Strength & Support: Kaiser MSK Programs	10:30 am - 11:00 am	Register here
1/27/26 Tuesday	Unlocking Physical Therapy Benefits at the City	1:00 pm - 1:40 pm	Register here
1/28/26 Wednesday	After the Holidays: Managing that Debt	12:00 pm - 1:00 pm	Register here
1/28/26 Wednesday	Reducing and Managing Pain	10:00 am - 11:00 am	Register here
1/29/26 Thursday	The Low Back Pain Playbook	10:00 am - 11:00 am	Register here
1/29/26 Thursday	Ergonomics (with Hinge Health)	1:00 pm - 1:30 pm	Register here
1/29/26 Thursday	Workday Workouts	12:30 pm - 1:30 pm	Register here