

# 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](mailto:Benefits.Unit@seattle.gov) or 206-615-1340. If you have questions about the Deferred Compensation presentations; [DeferredCompQuestions@seattle.gov](mailto:DeferredCompQuestions@seattle.gov) or 206-447-1924.

March 2026			
Date	Event	Time	Location/Registration
3/2/26 Monday	Mindful Eating Guided Meditation	9:00 am - 10:00 am	Register <a href="#">here</a>
3/11/26 Wednesday	Exercise 2.0: Beyond the Basics	10:00 am - 11:00 am	Register <a href="#">here</a>
3/12/26 Thursday	How Physical Pain Can Impact Your Mental Health	11:00 am - 12:00 pm	Register <a href="#">here</a>
3/16/26 Monday	Celebrate You: Body Positivity for Every Body	12:00 pm - 1:00 pm	Register <a href="#">here</a>
3/17/26 Tuesday	The Joy of Movement	12:00 pm - 1:00 pm	Register <a href="#">here</a>
3/18/26 Wednesday	Healthy Weight	9:00 am - 10:00 am	Register <a href="#">here</a>
3/18/26 Wednesday	Deferred Compensation: Overview of Plan Investments and Fees	12:00 pm – 1:00 pm	Join <a href="#">here</a>
3/23/26 Monday	Psychology & Exercise	11:00 am - 12:00 pm	Register <a href="#">here</a>
3/24/26 Tuesday	Relaxation Micro Moments	11:30 am - 12:30 pm	Register <a href="#">here</a>
3/25/26 Wednesday	Ergonomics 101 - What to Aim For	12:00 pm - 1:00 pm	Register <a href="#">here</a>
3/26/26 Thursday	Deferred Compensation: Plan Overview and Enrollment	12:00 pm – 1:00 pm	Join <a href="#">here</a>