

Flex activities are open to all faculty and staff. Register and find Zoom links on the [ProLearning Workshop Calendar](#).

TIME	MONDAY 8/5	TUESDAY 8/6	WEDNESDAY 8/7	THURSDAY 8/8	FRIDAY 8/9
9:00		<b>CalPERS: Planning Your Retirement -</b> <b>For members within 10 years of retirement</b> 9 am - 11:30 am Zoom		<b>Delta Dental 101</b> 9 am - 10 am Zoom	
9:30					
10:00	<b>OMNI 403(b)/457(b) Administration -</b> <b>What you need to know</b> 10 am - 10:30 am; Zoom				<b>Benefits 101 / Open Enrollment 2024</b> <b>BenefitBridge Employee Benefits Portal</b> 10 am - 11 am Zoom
10:30	<b>Your Retirement Plan at Work</b> 10:30 am - 11:30 am Zoom				
11:00					
11:30					
12:00					
12:30					
1:00		<b>Learn the Basics of First Aid, Bystander CPR, and Narcan Administration</b> 1 pm - 2 pm Student Health Center	<b>Your Retirement Plan at Work</b> 1 pm - 2 pm AC 240 (with Spanish Translation)	<b>CalSTRS – My Retirement System and CalSTRS Pension2</b> 1 pm - 2:30 pm Zoom (Register for link)	<b>Zoomba with Susan Wagner</b> 1 pm - 2 pm Zoom
1:30					
2:00		<b>Self-Care Check In</b> 2 pm - 3 pm Zoom			<b>Demystifying the New Student Process - For Faculty and Staff</b> 2pm - 3pm Zoom
2:30					
3:00					