

Spring 2025 Pre-Flex Week
January 6 – January 10, 2025

Key:
In-person Session:
Online Session:

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

TIME	MONDAY 1/6	TUESDAY 1/7	WEDNESDAY 1/8	THURSDAY 1/9	FRIDAY 1/10
9:30					
10:00			Kaiser Permanente Wellness Resources to Maximize your Benefits with KP 10 am - 11 am; Zoom	Demystifying the New Student Process - For Faculty and Staff Sally Wong & Patrick Garretson 10 am - 11 am; Zoom	Delta Dental - Wellbeing and Value-added benefits Ryan Neese, Account Manager 10 am - 11 am; Zoom
10:30					
11:00		Keenan Safety Training: Surviving an Active Assailant Jason Vickery, Suad Vila 11 am - 12 pm; AC 255	CPR and First Aid through the Red Cross Paul Stewart & Red Cross 11 am - 12:20 pm; AC 245	Self-Care Check-In Mariah Caracoze 11 am - 12 pm; Zoom	
11:30					
12:00					
12:30					
1:00	Your Retirement Plan at Work Jeff Isley, CoreBridge Financial 1 pm - 2 pm; Zoom	Managing Political Anxiety Matt Zinman, Anthem EAP 1 pm - 2 pm; Zoom	Your Retirement Plan at Work Jeff Isley, CoreBridge Financial 1 pm - 2 pm; Zoom		Hormone Health For Women Elevate by Case/Casey Stanton 1 pm - 1:45 pm; Zoom
1:30					
2:00	Your Unique Voice: Practical Techniques for Ease and Stamina in Speaking Laura Wiebe 2 pm - 3 pm; Zoom			CalSTRS - Retire Now or Later? + CalSTRS Pension2 Kevin Dunn CalSTRS 2 pm - 3:30 pm; Zoom	
2:30					
3:00					
3:30					