

Fall 2026 Pre-Flex Week August 10 - 14, 2026

Session Mode Legend
In-person only
Online only
Dual Delivery (In-person & Online)

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

TIME	MONDAY 8/10		TUESDAY 8/11	WEDNESDAY 8/12		THURSDAY 8/13	FRIDAY 8/14	
9:00	SISC 101: Understanding Your Benefits and Added Value Programs Cristina DeGuzman 9 - 10 am Online		Ready, Set, Save (CalSTRS Pension 2 403b) Eva Lau 9 - 10 am Online				CalSTRS - My Retirement Benefits Eva Lau 9 -10 am Online	
9:30								
10:00				Medicare 101 and SISC Retiree Health Plan Options Cristina DeGuzman 10 - 11 am Online		Move Well, Live Well: Everyday Strategies for Musculoskeletal Health Rhonda Daley 10 - 11 am AC 245 & Online		
10:30			CalPERS Benefit Basics Sean Adams 10:30 - 11:30 am Online					
11:00	What is the ESCOM in COM? Gary Gonser 11 am - 12 pm CSS 145			Trash Talk: Understanding Our New Waste Disposal Policies - Learn it, Sort it Revathi V. Machan 11 am - 12:20 pm CSS 100		What is Your Why? Sally Wong 11 am - 12:20 pm CSS 145	Full-Time Faculty Open Enrollment Overview Bradley Wanstall 10:30 -12:30 pm Online	
11:30								
12:00								
12:30								
1:00		CPR/AED Paul Stewart SMN 215 1 - 2:20 pm	Credit, Debt, and Financial Health Ricardo Flores Gladys Milligan 1 -4 pm AC 245 & Online		How to Partner with MarCom to Tell Your Department's Story MarCom 1 - 2:20 pm CSS 145	Cross Cultural Sensitivity in the Workplace Rhonda Daley 1 -2 pm AC 245 & Online		
1:30								
2:00	PPO 101 2 - 2:30 pm Online			Proactive Care Plans 1 - 2:45 pm Online		Part-Time Faculty Open Enrollment Overview Bradley Wanstall 10:30 -12:30 pm Online		
2:30	Kaiser 101 2:30 - 3 pm Online							
3:00				Maximize Your Healthcare Dollars: HSA & FSA Made Simple 3 - 4 pm Online			Career Development Strategies Rhonda Daley 3 - 4 pm AC 245 & Online	
3:30								
4:00								