

# BENEFITS VIRTUAL OPEN HOUSE SESSIONS

**MAY 10 - MAY 28**

This year's Open Enrollment meetings will be conducted remotely due to COVID-19 physical distancing. **Plan to attend a Virtual Benefits Open House Session.** The City's Benefits Manager will present benefits changes, options and costs, and our vendor partners will be available to answer your questions. Visit [alexandriava.gov/HR#RetireesCorner](http://alexandriava.gov/HR#RetireesCorner) and select a link to join a Virtual Open House Session.

## *Virtual* Open House Sessions

**Wednesday, May 12**

8-9 a.m.

**Monday, May 20**

1-2 p.m.

**Wednesday, May 26**

4-5 p.m.

This year's **Work'n Well Expo** will be virtual during the week of **May 10 - May 14**. Return as often as you'd like to participate in live or view prerecorded sessions:

[employeewellnesshub.com/city-of-alexandria/](http://employeewellnesshub.com/city-of-alexandria/)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11 a.m. - Noon</b>	<b>MIND:</b> Stress Master Class Series	<b>LIFE:</b> Healthy and Happy Lifestyle Webinars	<b>Estate Planning &amp; Elder Law</b>	<b>Caregiver Support</b>	<b>HEALTH:</b> General Health Webinars
<b>1-2 p.m. Benefit Vendors</b>	Chard Snyder Virgin Pulse	United-Healthcare	ICMA CareFirst	Aetna	Kaiser Permanente
<b>4-5 p.m.</b>	<b>NUTRITION:</b> Nutrition Master Class Series	<b>VIRTUAL ACTIVITY:</b> Animal Olympics	<b>VIRTUAL ACTIVITY:</b> Dance Party	<b>LIFE:</b> The Healthy Lifestyle Masterclass Series	<b>VIRTUAL ACTIVITY:</b> Healthy happy hour w/mocktail demo

For more information on how to join and participate, visit [alexandriava.gov/HR#RetireesCorner](http://alexandriava.gov/HR#RetireesCorner).

For reasonable disability accommodation, contact [DHR.Benefits@alexandriava.gov](mailto:DHR.Benefits@alexandriava.gov) or 703.746.3777, Virginia Relay 711.