

Fall 2025 Pre-Flex Week
August 6 - 15, 2025

Key:
In-person Session:
Online Session:
Dual Delivery (In-person & Online):

Flex activities are open to all faculty and staff. Register and find Zoom links on the ProLearning Workshop Calendar.

TIME	WEDNESDAY 8/6	MONDAY 8/11	TUESDAY 8/12	WEDNESDAY 8/13	THURSDAY 8/14	FRIDAY 8/15
9:00	Your CalPERS and You Tiffany Washington, CalPERS Associate Governmental Program Analyst 9 - 11:30; Zoom				Delta Dental 101 Ryan M. Neese 9 - 10; AC 240	
9:30						
10:00		OMNI 403(b)/457(b) Administration Ryan Phillips, OMNI Consultant 10 - 10:30; Zoom			Benefits 101 / Open Enrollment 2025 Cristina DeGuzman, SISC & Keenan 10 - 11; Zoom	EAP (Employee Assistance Program) Orientation for Employees Monica Wilson, Anthem EAP 10 - 10:50; Zoom
10:30		Your Retirement Plan at Work Jeff Isley, Corebridge Financial 10:30 - 11:30; Zoom				Cultivating Compassion Through Nature Andrés Edwards 10 - 12; IVC Farm & Garden (Meet at Garden Gate)
11:00			Self-Care Check-In Mariah Caracoza, Keenan 11 - 12; Zoom			FSA 101 Education (Health Care and Dependent Care) Beto Borja, Sterling Administration 11 - 11:50; Zoom
11:30				Digital Decluttering Stacey Lince Scott Conrad, IT 11 - 12:20; AC 245 & Zoom	Supercharge Teamwork: Mastering Teams & Share Drive Angela Olmanson 11 - 12:20; AC 240	
12:00						
12:30						
1:00						
1:30			Logopalooza: COM's Brand Refresh and Centennial Visual Identity Nicole Cruz, Malaika Smith, Jesse Harbison 1 - 2:20; AC 245 & Zoom	Your Retirement Plan at Work Jeff Isley, Corebridge Financial 1 - 2; AC 240	CalSTRS – My Retirement System and CalSTRS Pension2 1 - 2:30; Zoom	HR Office Hours: ePaf Q & A Session Kat Alvarado Wing & Tessa Kaplan 1 - 2:20; Zoom
2:00						
2:30						