



**Spring 2026 Pre-Flex Week**  
January 5 - 9, 2026

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 1/5	TUESDAY 1/6	WEDNESDAY 1/7	THURSDAY 1/8	FRIDAY 1/9
9:30					
10:00		<b>My Retirement Decisions</b> Jennifer Helfend-Gomez (Stakeholder Engagement Manager – CalSTRS) <b>10 am - 12 pm; Zoom</b>	<b>Delta Dental</b> Ryan Neese, Account Manager <b>10 - 11 am; Teams Meeting</b>		<b>CalPERS - Benefit Basics</b> Tiffany Williams (Assoc. Gov. Program Analyst – CalPERS)  Pre-Reg is required: mycalpers.ca.gov <b>10:30 - 11:30 am; Zoom</b>
10:30			<b>Hartford on Basic Life, AD&amp;D, Long-Term Disability, Short-Term Disability, Voluntary Life and AD&amp;D</b> <b>11 - 12 pm; Teams Meeting</b>		
11:00					
11:30					
12:00					
12:30					
1:00	<b>Health Guide for Men</b> Ellen Martino (Certified Health Coach, Anthem Blue Cross EAP) <b>1 - 2 pm; Teams Meeting</b>	<b>Medicare 101</b> Cristina De Guzman (SISC Acct. Manager) Diego Realpe (Kaiser Representative) <b>1 - 2 pm; Teams Meeting</b>		<b>CalPERS - Planning Your Retirement - For members within 10 years of retirement</b> Sean Adams (CalPERS Customer Education and Outreach) Pre-Reg is required: mycalpers.ca.gov <b>1 - 3 pm; Zoom</b>	<b>Sterling 101 – Health Savings Accounts and Flexible Spending Accounts</b> TBD <b>1 - 2 pm; Teams Meeting</b>
1:30					
2:00	<b>Health Guide for Women</b> Ellen Martino (Certified Health Coach, Anthem Blue Cross EAP) <b>2 - 3 pm; Teams Meeting</b>		<b>Clarifying the New Student Experience</b> Sally Wong & Patrick Garretson <b>2 - 3 pm; Zoom</b>		
2:30					
3:00		<b>Creating an Annual Wellbeing Plan</b> Cristine Walchuk (Well-Being Consultant) <b>3 - 4 pm; Teams Meeting</b>		<b>CalSTRS - I Will Retire This Year</b> Jennifer Helfend-Gomez (Stakeholder Engagement Manager – CalSTRS) <b>3 - 4:30 pm; Zoom</b>	
3:30					
4:00					
4:30					