

Why Weight?



Managing your weight can be challenging, but in this workshop, you'll discover the fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.

What attendees are saying about this workshop.

Liked the overall presentation. Thank you!

Great speaker and her timing of going through presentation.

Thank you Heather for a very insightful workshop! Heather did a wonderful job.

EUTF LIVE WEBINAR OPEN TO ALL EUTF MEMBERS REGARDLESS OF MEDICAL PLAN CHOOSE A SESSION

1ST SESSION

Sept. 9 • 11:30am - 12:15pm

[Register here](#)

2ND SESSION

Sept. 21 • Noon - 12:45pm

[Register here](#)

1. Click the registration link for the preferred session.
2. At Event Status, click "Register" and complete your registration with your name and email.
3. Under "Agency", choose your department, agency, or retiree union affiliation.
4. Click "Submit" at the bottom right corner.

Questions: Contact Heather Lauro, email heather_lauro@hmsa.com or call 808-952-7725.

To test your device for Webex, [click here](#).



An Independent Licensee of the Blue Cross and Blue Shield Association