Health Education Session

Skin cancer and heat awareness

Are you aware of the dangers of too much time in the sun? In this workshop, learn about ultraviolet rays and what you can do to prevent sun damage. We’ll help you identify the signs of heat-related illness and ways to cool down. Lastly, you’ll create a realistic action plan that will help you take positive steps toward avoiding heat-related illness.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
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<tbody>
<tr>
<td>Thursday, August 18, 2022</td>
<td>11:30 a.m. to 12:15 p.m. (HT)</td>
<td>Register here</td>
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<tr>
<td>Tuesday, August 23, 2022</td>
<td>1:30 to 2:15 p.m. (HT)</td>
<td>Register here</td>
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To register for one of the webinar sessions, click on the “Register here” links above or visit kp.org/eutf/getinshape. Attend or watch the webinar recording to be entered to win a Kaiser Permanente prize pack. Visit our website to see the official rules.

What attendees said about our webinars:
“Both presenters were great. They both gave a relatable presentation.”
“A lot of information was provided in a short time, I loved it.”
“It was a safe environment that felt so supportive.”

Additional information for City and County of Honolulu employees: The information provided on this flyer is from the EUTF. City computers may now be used to participate in the EUTF webinars. Participation is voluntary, and is to be done on the employee’s own time.

Please contact healthandwell-being@kp.org if you have any questions about these webinars.