

Health Education Session

EUTF webinars are open to retirees and all employees regardless of medical plan affiliation

[CLICK HERE](#) to access the recorded webinar on the EUTF website within 1 day of the first live webinar date

Eat well, live well: Eating well for your heart

Do you know what a heart-healthy diet looks like? Join our webinar and learn:

- How the food you eat affects your mind and body
- The most common truths and myths about eating well
- Tips and tricks for creating your own healthy eating action plan

Register here to attend an upcoming webinar session

Thursday, October 20, 2022

11:30 a.m. to 12:15 p.m. (HT)

[REGISTER HERE](#)

Tuesday, October 25, 2022

1:30 to 2:15 p.m. (HT)

[REGISTER HERE](#)



Attend or watch the webinar recording to be entered to win a Kaiser Permanente prize pack. [Click here](#) to see the official rules.

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.

Visit kp.org/eutf/getinshape for additional health and wellness resources.

kp.org/eutf

