

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

Family health

It's important to provide your family members with key resources for healthy living. Join our webinar to:

- Review common health concerns and screenings
- Identify strategies to keep every member of the family healthy while practicing self-care

Register here to attend an upcoming webinar session

Thursday, December 8, 2022
11:30 a.m. to 12:15 p.m. (HT)

[REGISTER HERE](#)

Tuesday, December 13, 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

