

June Health Education Session

Enter to win a \$100 VISA gift card*



[Click here](#) to access the recorded webinar on the EUTF website

Strengthen and Stretch at Your Desk

Join us and explore exercises that can be done at a desk or workspace to stretch muscles and build strength. We'll also provide you with tips on reducing back pain by improving posture at work.



Thursday, June 13, 2024 | 11:30 a.m. to 12:15 p.m.

Scan the code or [click here](#) to register

Attend or watch the webinar recording and be entered to win a \$100 VISA Gift Card*
Contact healthandwell-being@kp.org for the official rules.

* Medicare, Medicaid (QUEST Integration), and Federal Employees Health Benefits (FEHB) Program members are not eligible for the \$100 VISA Gift Card sweepstakes.

Additional information for City and County of Honolulu employees: The information provided on this flyer is from 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.

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



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