

# August Health Education Session

Enter to win a  
\$100 VISA gift card\*



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

## Managing your weight

Successful weight management is more than just cutting calories. Join us and discover how setting realistic goals and practicing new skills can help increase your confidence and manage your weight successfully.



Thursday, August 22, 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](mailto: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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