



2024 EUTF HMSA
Health Education Workshops
SEPTEMBER WORKSHOP

HEARTY ADVICE

LEARN SIMPLE WAYS TO
IMPROVE HEART HEALTH

Heart disease is the leading cause of death in the U.S. Hypertension and high cholesterol can increase your risk of heart disease. Learn how physical activity, smart nutritional choices, and making time for relaxation can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living longer and better.

 **Thursday, September 19, 2024**

 **12:00 PM - 12:45 PM**

Click below to register:

[Register Today](#) 

To test your device for Webex, click here.

Attend a webinar and be entered to win an HMSA prize pack. [Click here for Official Rules.](#)

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



WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP IN 2024:

 I liked that there were opportunities to interact. Good visuals. 



PARTICIPANT

 Great speaker with a calm and warm voice who offered very practical tips and shared great stories. 

PARTICIPANT

 Peter is extremely knowledgeable and gives an interesting workshop. 

PARTICIPANT

 Enjoyed Peter's laid back and candid sharing of his own experiences, positive and negative. Think we can all relate and it feels good to know strangers that do good for others (like him) are vulnerable yet still strong and helpful because they can be. 

PARTICIPANT

Can't attend this live webinar?
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