




2024 EUTF HMSA
Health Education Workshops

CONSUMER ALERT!

We all need calories and nutrients for energy and to keep our bodies functioning at their best. But our food and drink choices are not often the healthiest. Cost, taste, aromas, preparation, and presentation can be overwhelming when deciding what to eat. In this workshop, we'll review factors that influence our choices and learn ways to eat and drink mindfully. Register today!

 **Wednesday, Nov. 20, 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.

NOVEMBER WORKSHOP



Can't attend this live webinar?
[Click here to watch recorded webinars at your convenience.](#)