

January Health Education Session

Enter to win a \$100 VISA gift card*

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

Eat well, live well

Eating well for your heart

We'll explain how the food we eat affects our mind and body and provide you with options to eat mindfully and create a healthier plate.

Thursday, January 16, 2025

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 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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