



2025 EUTF HMSA Health Education Webinars

# MAKE A MUSCLE

Did you know that you have more than 600 skeletal muscles in your body? If you don't use them, you could lose them. Apathy leads to atrophy. Learn how muscles work, how to build or maintain muscle strength, and about the importance of recovery after exercise.

**Register Today.**



**Thursday, Feb. 20, 2025**



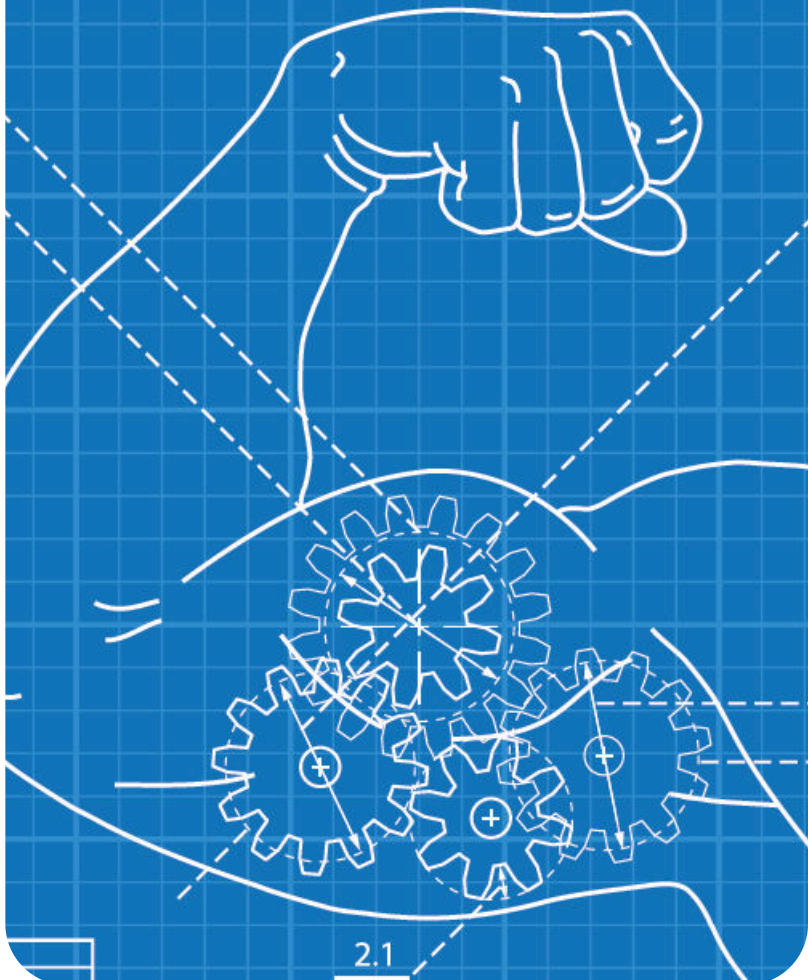
**11:30 a.m. – 12:15 p.m.**



Attend a webinar and be entered to win a wellness prize box valued over \$60.

[Click here for Official Rules.](#)

# Make a Muscle



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.

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