



# EUTF 2025 Health and Wellness Calendar of Events for State/County Employees and Retirees



\*Subject to change, please visit <https://eutf.hawaii.gov/health-and-wellness/> or scan the QR code for latest updates

Activity	January	February	March	April	May	June	July	August	September	October	November	December
<b>Monthly Health &amp; Wellness Theme</b>	Health Assessment	Get Checked Out	Healthy Habits	Peace of Mind	Emotional Well Being	Muscles, Tendons and Bones	Strength, Movement, and Aging Well	Worksite Wellness	Vaccination Information	Connect Online	Condition Control	Know Your Numbers
<b>Education Workshop</b>  45 minutes live online webinar, for all employees and EUTF retirees	1.16 Thurs. Eat Well, Live Well  1.28 Tues. FIT: To be Tried	2.20 Thurs. Make a Muscle  2.27 Thurs. Family Health	3.4 Tues. Just the Facts  3.13 Thurs. Preparing Healthy Meals & Dining Out	4.1 Tues Personal Finances  4.17 Thurs. Intergenerational Caregiving  4.24 Thurs. Advance Care Planning	5.15 Thurs. Finding More Margin in Your Day  5.22 Thurs. Workstation Wellness: Work from Home Edition	6.5 Thurs. Refresh, Renew, Repair Yoga  6.24 Tues. Glow Goals: Your Smile Journey Starts Today	7.24 Tues. Crimes Against Spines	8.21 Thurs. Building Fitness Into Your Day	9.18 Thurs. Preventative Care	10.14 Tues. Advance Care Planning  10.23 Thurs. Personal Finances	11.6 Thurs. Heartfelt Smiles: The Vital Connection Between Oral Health and Heart Disease  11.18 Thurs. Modern Perils	12.11 Why Sleep Matters
<b>Quarterly Wellness Challenge</b>  4 week online and mobile app event, for all employees and EUTF retirees		10k A Day Challenge • 2.5 Wed. Kick off • 2.10 Mon. Challenge • 3.9 Sun. Challenge			Self Care Challenge • TBD Kick off • 5.5 Mon. Challenge • 5.30 Fri. Challenge		Star Trac Challenge • 7.8 Tues. Kick off • 7.14 Mon. Challenge • 8.10 Sun. Challenge		Right on the Money Challenge • 9.9 Tues. Kick off • 9.15 Mon. Challenge • 10.12 Sun. Challenge			Healthy Holiday Challenge • TBD Kick off • 12.1 Mon. Challenge • 12.26 Fri. Challenge
<b>Quarterly Well Aware Newsletter Topics</b>  Newsletters are sent out through your Employers & are available on our website		Preventive Screenings and Healthy Lifestyle Benefit Programs			Chronic Disease and Mental Health			Preventing Chronic Conditions and Management Programs			Living with Chronic Disease; Tips and Resources to Stay Healthy During the Holidays	