

March Health Education Session



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\$100 VISA gift card*

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Preparing Healthy Meals & Dining Out

Creating weekly meal plans and making healthy choices when dining out takes planning. Join us for practical tips and healthier options to eat healthy at home and on-the-go.

Thursday, March 13, 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 the official rules.

* Medicare, Medicaid (QUEST Integration), Federal Employees Health Benefits (FEHB) Program, and Postal Service Health Benefits (PSHB) 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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