



2025 EUTF HMSA Health Education Webinars

JUST THE FACTS

Many of us eat a diet high in processed foods. These canned, frozen, bottled, or boxed products tend to be high in sodium, fat, added sugar, and calories. Knowing how to read, understand, and compare nutrition facts labels is essential to making healthier choices.

[Register Today](#)



Tuesday, March 4, 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.](#)



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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