



2025 EUTF HMSA Health  
Education Webinars

# 808 TRAIL-READY

## HIKING SAFELY IN HAWAII

Hiking is a great way to get exercise, destress, and enjoy Hawaii's natural beauty. But it can also be dangerous if you don't take proper precautions. Learn how to prepare for hiking adventures. Get tips on what to wear, what gear to pack, which trails to explore safely, and how to prevent accidents.



[Register Today](#)



**Tuesday, Aug. 26, 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.](#)

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