

December Health Education Session

Be entered to win a
\$100 VISA gift card*

[Click here](#) to access the recorded webinar on the EUTF website

Why Sleep Matters

Quality sleep and overall health and well-being are closely connected. Join our webinar to learn simple and effective tools to improve your ability to rest, relax, and sleep.

Thursday, December 11, 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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