



2026 EUTF HMSA Health Education Webinars

Why Weight?

Managing your weight can be challenging, but in this workshop, you'll discover the fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.



Register Today. 

Can't attend this live webinar?
[Click here to watch recorded webinars at your convenience.](#)



Tuesday, Jan. 27



11:30 a.m. - 12:15 p.m.



Attend and be entered for a chance to win a \$100 Amazon e-gift card.
[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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