



## 2026 EUTF HMSA Health Education Webinars

# Takeout Tips

We don't always have time to prepare meals at home. Unfortunately, many of the fast foods that we turn to for convenience are unhealthy. We'll explore strategies to order takeout. With the right amount of knowledge and determination, we can make "less unhealthy" food choices.



**Register Today.** 

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**Wednesday, Mar. 11**



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



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