2026 EUTF HMSA Health Education Webinars

BONE-ified Talk

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Frail bones can break more easily and the results can range from discomfort to disability. This workshop will provide a better understanding of your bones and how to keep them strong and prevent fractures.

Register Today

Can't attend this live webinar? Click here to watch recorded webinars at your convenience.

Tuesday, June 23

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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