



EUTF Health and Wellness Program



Take time for your well-being!

April 2026

Health and Wellness Challenges



Registration is open now for EUTF's **[Self-Care Challenge](#)**! Are you ready to embark on a journey of self-care and personal growth? Join our 4-week challenge, powered by HMSA, from May 4-May 29. Dedicate just 30 minutes each weekday to activities that nurture your mind, body, and soul. Want to learn more? Attend the **[kick-off webinar](#)** to learn how to:

- **[Register](#)** for the challenge
- Create or join a team
- Log your self-care activities and minutes
- Understand the challenge goals and prize drawings

Open to all active EUTF members age 18 and older

Upcoming in May

Click titles below for more info!

- 5/4-5/26 **[Self-Care Challenge](#)**
- 5/12 **[Moving from Burnout to Brilliance](#)** webinar
- 5/21 **[Stress Bucket](#)** webinar
- 6/9 **[Chew on This: How Nutrition, Oral Health, and Bone Strength Work Together](#)** webinar
- 6/23 **[Bone-ified Talk](#)** webinar

Webinars

Click titles below for more info!

[Advance Care Planning](#) April 14 Tuesday 11:30am-12:15pm

Discover why it's important for every adult to have an advance care directive. Receive valuable resources and tools including the Starter Guide. Understand your advance care planning benefits and resources. This webinar will not be recorded!

[Register](#) now!

[Self-Care Challenge Kick-off](#)

April 22 Wednesday
12pm-12:30pm

[Join](#) the kickoff webinar to get everything you need to start strong in the Self-Care Challenge. This session will walk you through the basics and help you feel confident from day one.

[Investment Fundamentals](#) April 23 Thursday 11:30am-12:15pm



Build an investment foundation to enhance current and future assets.

[Register](#) to learn how to:

- Set goals for saving and investing
- Build a budget and emergency fund
- Diversify and invest for the long term

Host a webinar "Group Watch" at your worksite! Simply reserve a space, invite your colleagues, and watch together. After the event, email the **[Group Watch Form](#)** to the webinar host, within 5 business days, to be entered in any prize drawings.

Want to re-watch a webinar? Most **[Wellness Webinars](#)** are recorded and available for the year!



HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
[EUTF HEALTH AND WELLNESS](#)

Visit our website today at <https://eutf.hawaii.gov/health-and-wellness/>
Contact us at eutfwellness@hawaii.gov