



2026 EUTF HMSA Health Education Webinars

Modern Perils

Modern health risks, such as excessive screen time, sedentary occupations, and an abundance of ultra-processed foods and beverages, can be harmful. Learn how modifying our behaviors can improve our health and well-being.



Register Today.



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Thursday, August 27



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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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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