

EUTF Education Workshop

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Watch Your Back: Back Care Basics

Join our webinar and find out how to protect the back with better posture and sleep positions, stretching and exercise, and reducing stress.

Thursday, September 24, 2026
11:30 a.m. to 12:15 p.m.



Scan the code or
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to register

Attend or watch the webinar recording and be entered to win a \$100 VISA Gift Card*
[Click here for the official rules.](#)

Medicare, Medicaid (QUEST Integration), and Federal Employees Health Benefits (FEHB) Program members are not eligible for the \$100 VISA Gift Card sweepstakes.

Additional information for City and County of Honolulu employees: The information provided on this flyer is from EUTF City computers may now be used to participate in the EUTF webinars. Participation is voluntary and is to be done on the employee's own time.

EUTF webinars are open to all active, retired, or dependent EUTF members regardless of medical plan affiliation.

kp.org/eutf



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