

WEBINAR

GLP-1s & NUTRITION

MAKING INFORMED CHOICES FOR BETTER HEALTH

Monday November 3rd, 12 – 1 pm

Presented by: Kaiya Smiley, PSM
UA Diabetes Prevention Program

Curious about GLP-1 medications for weight loss or blood sugar control?

Join our evidence-based webinar to learn how GLP-1s work and how nutrition & healthy lifestyle changes can help support lasting results.

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TOPICS DISCUSSED

- ✓ What are GLP-1s?
- ✓ Types of new weight loss medications
- ✓ How do they work?
- ✓ What to expect when taking GLP-1 medication
- ✓ Benefits & challenges
- ✓ Staying well-nourished
- ✓ Lifestyle changes



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