



## Managing Side Effects of GLP-1 Medications

Join a Registered Dietitian to learn how GLP-1 medications, such as Ozempic®, Wegovy®, Mounjaro®, Saxenda®, and Rybelsus® work, what to expect while taking them, and practical nutrition strategies to support your health goals.

This class is appropriate for anyone interested in learning more about these medications, preparing to start them, currently taking them, or experiencing side effects while using them.

***This class is offered in partnership with Registered Dietitians from [AHS Nutrition Services](#).***

| Class Type      | Date                 | Time                   | How to Register                                                                                                                                  |
|-----------------|----------------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Online via Zoom | Tuesday, October 20  | 12:00 p.m. – 1:00 p.m. | <a href="#">Register Online</a><br><br>Or Call<br><br>1-403-309-2810<br><br><i>*More dates may be available by calling or registering online</i> |
|                 | Tuesday, November 17 | 3:00 p.m. - 4:00 pm    |                                                                                                                                                  |
|                 | Monday, December 14  | 1:00 p.m - 2:00 pm     |                                                                                                                                                  |

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

