



# GLP-1 MEDICATIONS: LET'S GUT SERIOUS

Join a Registered Nurse  
and Registered Dietitian to  
learn about:

- **Types of GLP-1 medications**
- **How these medications work**
- **Symptom management**
- **Nutrition considerations**
- **Physical activity**



To register, contact (226) 388-4725  
or [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca)



Tuesday, February 10, 2026  
1:00 - 2:30 p.m.



Board Room, 363 Colborne Street,  
Brantford ON, N3S 3N2