

# GLP-1 Basics

Looking to maximize your results while on a GLP-1?

Our GLP-1 Basics class series covers nutrition tips, how to manage side effects and advice to maintain your muscle mass while losing weight.

- GLP-1 Nutrition Basics with dietitian
- GLP-1 Movement Basics with physical therapist



## Participants will learn:

- How GLP-1 medications work
- How to prioritize nutrition while taking a GLP-1
- Importance of mindful eating to decrease side effects
- Why body composition matters
- Role of cardio and strength training
- How sleep can help you meet your health goals

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## When does this class occur?

This series is held virtually on select Fridays from noon to 1 p.m.

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## Does insurance cover this class?

This class is not covered by insurance. Cost is \$20 per session.

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## How do I register?

 217-788-3948

 Scan the QR code



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