

YOU'RE INVITED

You're invited to attend G.E.H.A.'s "GLP-1 Medications and You: What to Know for Weight Management and Health" webinar

In "[GLP-1 Medications and You: What to Know for Weight Management and Health](#)," you will:

- Understand how GLP-1 medications regulate appetite and blood sugar
- Review the potential benefits, side effects and what to expect during treatment
- Discover lifestyle strategies — nutrition, physical activity and habits — to maintain your health and well-being

Join us from your computer at 12 p.m. Eastern time on February 26.

[Register now](#)

Feel free to forward this invitation to your colleagues. If you plan on participating from work, please use your work email address when registering. You'll receive an email confirmation of your reservation, as well as instructions for viewing and listening to the webinar via computer or mobile device.

Thank you,

G.E.H.A Wellness Team

Please note: Everyone who registers will receive an email with a link to the recorded webinar along with a copy of the slides. Other questions:

Email wellnesswebinars@geha.com