



FRIDAYS AT THE UNIVERSITY

Hot Topics

Explore emerging trends and therapies in primary care with a session that bridges evidence and innovation. You'll assess the science behind cold plunge therapy, testosterone replacement in men without primary hypogonadism, and the growing interest in red light therapy for skin health. The session also highlights the benefits and real-world challenges of adopting a team-based care model. Gain a clearer understanding of how to critically evaluate and thoughtfully integrate new approaches into patient care.

Learning Objectives

By the end of the day, the participants should be able to:

- Assess the therapeutic effects of cold plunge therapy on medical health, inflammation, and post-exercise recovery.
- Examine the medical evidence supporting testosterone replacement therapy in males without primary hypogonadism.
- Analyze the potential benefits of red light therapy, focusing on its effects on skin health and appearance.
- Explore the advantages and potential challenges of implementing a team-based approach in primary care practice.

June 5, 2026

8:20 AM – 1:20 PM

**Offered digitally
through the
University of
Manitoba**

Register Now!



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of Manitoba** | Rady Faculty of
Health Sciences