

## LMC Insider

Volume 3, Issue 29, September 2017

Hi ,

It's September - Back to school and back to routine! This month we've got a delicious new [recipe](#) great for school snacks, tips on [finding the right fit shoes](#), information about our upcoming Foot Care Workshop and an LMC exclusive event where we'll be talking about T1D, insurance coverage plans and more!

Read the latest on the [LMC Blog](#)!

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### Health-ier Snack Ideas, Plus Our Carrot Zucchini Muffin Recipe!

Back to school means back to making lunches, and with that comes a lot of decision making! Do you pack what is healthy for you and your family? Do you choose to include the treats your children are asking for? Is there a common ground everyone can agree on, snacks that are healthy and taste good? Bringing lunch and healthy snacks to work is a great way to maintain or lose weight, control blood sugars, blood pressure and cholesterol and, not to forget, save money.



[Read the full article on the LMC Blog](#)

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## Upcoming Events!

### Cautions Considerations and Coverage for people with T1D

**WHEN:**

Thursday September 28th from 6-8PM

**WHERE:**

531 Atkinson Ave #17  
Thornhill, ON L4J 8L7

## Do you have type 1 diabetes and want to learn more about insurance coverage plans, the disability tax credit and savings accounts?

LMC is holding an event open to anyone with Type 1 diabetes, their friends, and their families. The evening will include conversation and activities, and feature two wonderful guest speakers for our topic "Cautions, Considerations and Coverage for people with Type 1 Diabetes":

Cheryl is a life insurance advisor who has worked in the insurance industry for the past 24 years. She has been able to help a number of people with diabetes obtain certain coverages that give them and their families peace of mind.

Susan is a financial advisor living with Type 1 Diabetes who will speak about the disability tax credit and savings accounts.

In addition, light food & refreshments will be provided!

Please RSVP to [mei.chan@lmc.ca](mailto:mei.chan@lmc.ca) by Monday September 25th.

## Foot Focus: Take the first step to healthy feet

### WHEN:

Monday, October 2nd, 2017  
at 1:30-2:00PM

### WHERE:

LMC Etobicoke  
1723 Kipling Ave, Suite 2b  
Etobicoke, ON M9R 4E1

### Want to learn more about:

- The signs and symptoms of Diabetes in the feet?
- Practical tips on how to care for your feet?

Our very own LMC Chiropodist Nicole Joseph will be holding a workshop covering the importance of foot care where she will share with you some tips and tricks to keep your feet healthy and to always put your best foot forward!



Register today by emailing [footcare@LMC.ca](mailto:footcare@LMC.ca) or call 1-844-LMC-FOOT(562-3668)

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**Order Your Prescriptions  
Online!**

**Do you use an insulin pump?**

**Sign Up For FREE Group  
Education Sessions**

**Visit our website** to learn more about the different Group Education Sessions



Visit [DiabetesSource.ca](http://DiabetesSource.ca) or **email us** directly to order your prescriptions and insulin pump supplies online!

we offer!

- \* Living with Diabetes
- \* Nutrition and Lifestyle
- \* Carbohydrate Counting
- \* Advanced Skills
- \* Pattern Management
- \* Conquering Cholesterol
- \* Dexcom Trial

**Sign up today for one of our FREE Group Education Sessions!**



**Together we can make a difference. Participate in a study today!**

Learn about the importance of clinical research studies and how your involvement makes a positive impact.

To learn more about ongoing studies, email us at [join@improvinghealth.ca](mailto:join@improvinghealth.ca) or call **1-866-701-3636**

Visit us online at [ImprovingHealth.ca](http://ImprovingHealth.ca)

## **Finding The Right Fit Shoes**

September is that time of year when we step back into routine. It is also a great time to cycle a new pair of running shoes into your physical activity routine.

LMC Chiroprapist, Antonietta Galati, shares with us some great tips when gearing up for a new pair of runners on the [LMC Blog!](#)





Do you have **Type 2 Diabetes**  
& **Elevated Triglycerides?**

You may be able to take part in the PROMINENT Study - [Learn More](#)



Did you get your...

**FLU**  
**SHOT?**

LMC | MANNA RESEARCH

**1-866-701-3636**

[improvinghealth.ca](http://improvinghealth.ca)

Interested in a free flu vaccine? Not looking forward to flu season?

LMC | Manna Research is looking for individuals to participate in a clinical research trial investigating the benefit of getting the flu shot.



## JDRF Ride Revolution

This Fall, #TeamLMC will be participating in the **JDRF Revolution**

**Ride** to defeat diabetes! This high-energy stationary cycling event is taking place in cities across Canada. This event will challenge Canadians to go further to defeat diabetes. To learn more about JDRF, [click here](#).

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### Let Us Help!

Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

Have them email us at [referrals@lmc.ca](mailto:referrals@lmc.ca) or call us at **1-866-701-ENDO**

### Join The T1D Community

Come join our monthly meet-ups at two of our Ontario offices, where newly diagnosed and diabetes veterans can share experiences and connect with others living with Type 1 diabetes.

Contact **Mei Chan** for more information!

### Adventure Seeker with T1D?

Check out our friends at **Connected In Motion** and see how you can participate in one of their events!



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STAY CONNECTED:

