



Being Prepared Is Key For Success

Back to school means getting back to planning and organizing for your family and yourself. You've shopped for classroom supplies, fall clothes, gym uniforms, lunchboxes and more. How about getting your kitchen organized as well!

Not only will you save time and money, but planning your meals and snacks in advance will also ensure you have the right foods available to make them happen. Here are a few tips to get you started!

Read more for tips and recipes!

Upcoming Events

Get Involved In Your Local Diabetes Community

Event	Date	Details
Ottawa Flame of Hope Tournament For Diabetes Canada	September 17	<p>Join us for a round of golf at the Stoneridge Golf Club for the fight against diabetes. Prizes, games and a whole lotta fun for a great cause!</p> <p>Where: Stoneridge Golf Club 68 Hawktree Ridge Nepean, Ontario</p> <p>For more info, visit: diabetescanada.ca</p>
2018 Diabetes		<p>Join us for this educational event where the day features talks on diabetes management, the newest products and the latest breakthroughs in research.</p>

<p>Canada Type 1 Conference</p>	<p>September 22 @ 8AM - 4PM</p>	<p>Where: Toronto Centre for the Arts 5040 Yonge St Toronto, Ontario</p> <p>For more info, visit: diabetes.ca</p>
<p>Bike Beyond: The Documentary Screening in Toronto</p>	<p>September 27 @ 7PM</p>	<p>Attend this free event to watch the film about a team of 20 type 1 diabetics who did the impossible - cycled 4300 miles across America from NYC to San Francisco. Meet some of the riders on the team and interact with other T1D's in Toronto.</p> <p>Where: Toronto Hospital for Sick Children 555 University Avenue Hollywood Theatre on the first floor of the Burton Wing</p> <p>RSVP to Madison 416-813-4233 madison.brown@sickkids.ca</p> <p>For more info, visit: beyondtype1.org</p>
<p>Ontario Slipstream brought to by Connected in Motion</p>	<p>September 28- 30</p>	<p>An active, social, and educational weekend for adults 19+ living with Type 1 diabetes.</p> <p>Where: Camp Arowhon, Algonquin Park, Ontario</p> <p>For more info, visit: connectedinmotion.ca</p>
<p>JDRF Revolution Ride</p>	<p>October 4</p>	<p>Join LMC at this high-energy stationary cycling event taking place across Canada in support of diabetes research</p> <p>Where: Yonge-Dundas Square Toronto, Ontario</p> <p>For more info, visit: jdrfrevolution.ca</p>

New Backpack? Check. New Pencils? Check. New Shoes? Definitely!

Our expert Chiropodists are professionally-trained foot care specialists, and would like to share some tips for finding the ideal pair of supportive shoes for you and everyone you're shopping for.



Read more for tips on choosing the right fit shoe!

WANT TO LEARN MORE ABOUT:

- Meal planning for diabetes
- How to adjust your insulin doses
- How to prevent complications

**...But find it difficult to take time off
work or travel to the clinic?**

JOIN US ONLINE!

You can learn about these topics and more through our many **Diabetes Education Sessions** - now offered online and in the evenings!



All sessions are free and registration is simple – just go to www.lmcvirtual.as.me/ to browse our list of topics and sign up.

Foot Focus: Virtual Workshop

Taking Your First Steps Towards Healthy Feet

Join us online on **October 11th at 7:30PM** for an educational workshop being held by the LMC Chiropody team!

Learn about the signs and symptoms of Diabetes in the feet and practical tips on how to care for your feet.

To register online, visit:

<https://lmcvirtual.as.me/footfocus>



Learn your options about avoiding complications from the flu today!

Seniors are at a higher risk of not only catching the flu, but of developing further flu-related complications; especially in those living with diabetes or other chronic illnesses that affect the heart or lungs. By getting your flu vaccine, it can protect not only yourself, but those around you from getting sick.

Call LMC Manna Research to learn more, and book your appointment today!

1-833-323-JOIN (5646)

research@lmc.ca
improvinghealth.ca

We now offer easy online booking for all your appointments!

Fill out our online form to book an appointment with your Endocrinologist,

Diabetes Educator, Chiropractist, Optometrist or Pharmacist.

BOOK AN APPOINTMENT

1-866-701-3636 (ENDO)

contact@lmc.ca

STAY CONNECTED!

