



Vegetarianism and Diabetes

Many people nowadays are choosing to follow a vegetarian or vegan diet for a variety of different reasons. Some choose to do so for environmental sustainability, some for animal protection, and some for health reasons. Regardless of the reason, people who are vegetarians typically do not eat any meat or products made with meat, and may or may not eat dairy, eggs, fish, or poultry. People who are vegans typically do not eat any foods that are or contain animal products. How does vegetarianism relate to diabetes?

[Read more](#)

T1D SKI & SNOWBOARD DAY



LMC Healthcare's 3rd Annual T1D Ski & Snowboard Day!

**Join the Type 1 diabetes community on the slopes this season!
Tickets are almost SOLD OUT! Register to secure you spot TODAY!**

The program will bring together children and teens with Type 1 diabetes, adult mentors, and community advocates to learn about diabetes management through mentorship and engagement.

WHAT: LMC's T1D Ski & Snowboard Day

WHERE: Mt St. Louis Moonstone, Coldwater, Ontario

WHEN: Sunday, February 24th, 2018

WHO: Children (6-11) and Teens (12-17) with Type 1 diabetes, siblings, families, and Type 1 adult mentors.

ANY ABILITY LEVEL, SKIER OR SNOWBOARDER, AND FIRST TIMERS ARE WELCOMED TO THIS EVENT!

Special Guest Speakers:

Dr. A. Abitbol (*Endocrinologist*)

Michelle Sorensen (*Clinical Psychologist, T1D Since 1999*)

Tilly Stimpson (*Research Participant, T1D Since 2010*)

GET TO MEET OTHER T1DS & EDUCATORS, PARENT BREAKOUT SESSIONS, RAFFLES, & SO MUCH MORE!

Registration Fee

To learn more about this event, and to sign-up, **CLICK HERE!**

FULL FUNDING AVAILABLE

For more information and registration assistance, please call:
1-833-323-JOIN



Healthier Lunchtime Eating Quick Tip

Sarah Blunden, P.Dt, CDE, CPT, Professional Dietitian, talks about how to eat healthier lunches when eating out during your lunch break at work.

Watch the video here

Concerned
about your
heart health?



1-833-323-JOIN



join@improvinghealth.ca

Living with Type 2 Diabetes? Has a doctor spoken to you about your heart health?

LMC Manna Research is looking for volunteers living with Type 2 Diabetes to participate in a research opportunity that is exploring an investigational medication to see if it can help reduce the risk of future heart attacks, stroke and other heart related problems.

You may be eligible if you:

- Are 18 years of age or older
- Have a history of **OR** are at risk of developing future heart problems
- Are looking to better control your blood sugars

You may be eligible to participate!

Speak to a research professional today!

1-833-323-JOIN

join@improvinghealth.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, Chiropodist, Optometrist or Pharmacist.

BOOK AN APPOINTMENT

1-866-701-3636 (ENDO)

contact@lmc.ca

STAY CONNECTED!

