LMC Healthcare



Mindful Eating and Diabetes

Happy New Year! Many of us are making resolutions for the New Year. Why not take the chance to explore self-care and mindfulness to kick-start the year?

As we know, diabetes is a self-managed disease. Although you are receiving help and guidance from your healthcare professionals, most of the time you are making decisions about managing your diabetes independently. Sometimes it can be difficult - whether it be applying changes to your diet, monitoring your blood sugars, or preventing complications. One strategy that may help with improving your self-management of diabetes is through **mindfulness and mindful eating practices**.



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

Join the Type 1 diabetes community on the slopes this season!

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, 2019
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 WELCOME TO THIS EVENT!

Special Guest Speakers:

- Dr. A. Abitbol *(Endocrinologist)*
- Michelle Sorensen *(Clinical Psychologist, T1D Since 1999)*
- Tilly Stimpson *(Research Participant, T1D Since 2010)*

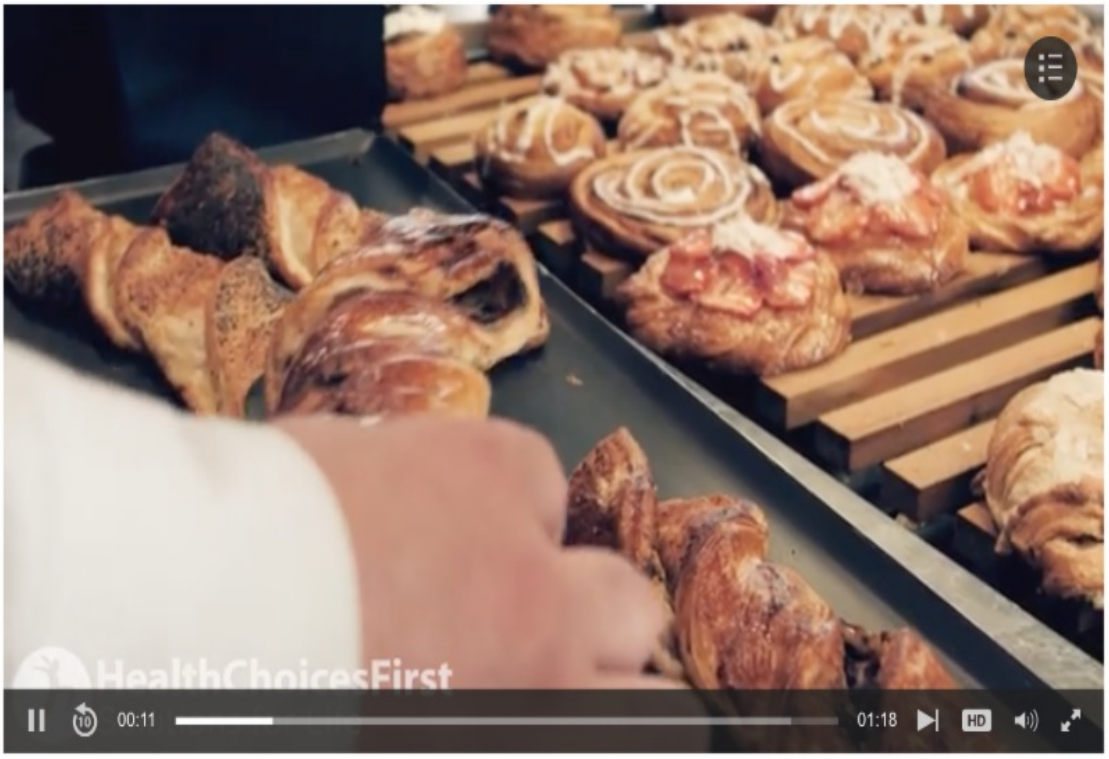
GET TO MEET OTHER T1DS & EDUCATORS, PARENT BREAKOUT SESSIONS, RAFFLES, & SO MUCH MORE!

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



The Truth About Coffee Shop Food

LMC's own Sarah Blunden, P.Dt, CDE, CPT, Professional Dietitian, talks about how to make healthier choices when eating at a coffee shop.

Watch the video here



Hot Flashes interrupting your day?

LMC Manna Research is looking for women who are experiencing hot flashes due to perimenopause to participate in a clinical research study.

Research opportunities looking at potential investigational treatment(s) for menopause and other health indications are currently available!

Speak with a research professional to see if you may be eligible to participate in a program 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!