

## Celebrating Health and Fitness



### Finding it difficult to start or stay active?

Check out our exercise recommendations and tips to help you get active this summer!

[READ MORE](#)

### Sugars and Artificial Sweeteners Workshop

June 15th  
@ 7:30 pm

### Upcoming Workshop

Which are better for diabetes, sugars or artificial sweeteners?

Do sweeteners cause weight gain?

What are their side effects?

Find answers to your questions in our new workshop – Sugars and Artificial Sweeteners, led by a Registered Dietitian.

[SIGN UP HERE](#)

**Limited spots available!**

**We can't wait to "see" you in our virtual workshops.**

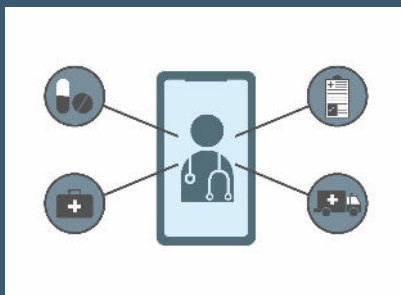
## Keep Yourself and Your Medications Safe From the Summer Heat!

Summer is here, and with it, the heat! While the sun feels great after our Canadian winter, please remember these tips to protect yourself and your medicines from the heat.

[READ MORE](#)



## COMING SOON! New Online Appointment Booking



We're working on launching a new and improved online booking and patient notification system that will make it easier for you to book, reschedule and cancel your appointments.

Stay tuned for more to come on LMC digital diabetes care!

LMC Manna Research is looking for healthy adults to participate in a clinical research study. The study is investigating a vaccine for COVID-19.

You may be eligible if you're:

18 years of age or older

Generally healthy

Not experiencing any symptoms of COVID-19

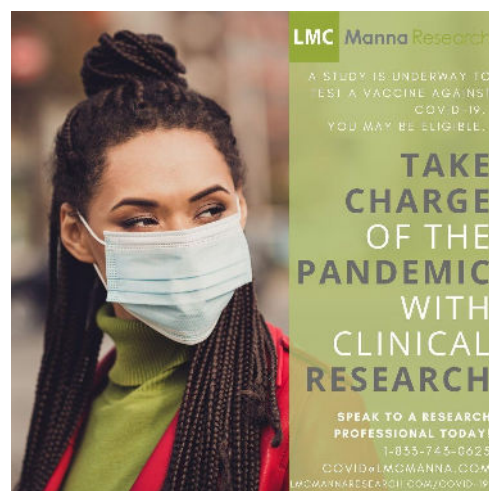
\*Note: Additional eligibility criteria will also apply

Speak to a research professional today!

**LMC Manna Research**

**1-833-743-0625**

**covid@lmcmanna.com**





# Diabetes Depot

## Now carrying Tandem

We're happy to share the good news that we now carry **Tandem insulin pump supplies**.

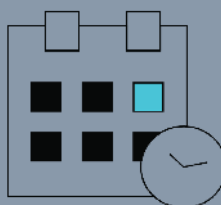
Of course, you are always welcome to place your order in the most convenient way for you:



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