

## Get ready for back to school!

### Back to school meal prep

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**Properly fitted shoes are very important!**

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**When to have your child's eyes examined**

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**Discount Code for Diabetes Canada Know No Limits with T1D Conference!**

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**September 10 is world suicide prevention day!**

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**Learn more about CMV during pregnancy**



### Back to school meal prep

Now that school is about to start, read some useful tips on how to meal prep! Save time and enjoy healthy, delicious meals!

[Meal prep 101](#)

### Properly fitted shoes are very important!

No matter your age or health status, taking proper care of your feet and having shoes that fit correctly can have a major impact on your body's overall health. We recommend that you read our article "**Proper Shoe Fitting For The Whole Family**" for tips on finding the right shoe for not only your children, but yourself, and your loved ones too.

[Tips on shoe fitting!](#)





## When to have your child's eyes examined

A child's vision can change often, and unexpectedly, from ages 6 to 18; vision problems left uncorrected can interfere with learning and lead to behavioral issues. Read our article on when to book your child's first eye exam.

[Read more](#)

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**DIABETES**  
**CANADA**

**NO LIMITS**  
**WITH T1D**

### Discount Code for Diabetes Canada Know No Limits with T1D Conference!

The Diabetes Canada Know No Limits with T1D Conference will take place virtually on October 2, 2021! Click below for a \$15 registration discount code!

[Learn more](#)

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## New coping with diabetes workshop

Free for LMC patients



**Space is limited, sign-up today!**

[Sign up!](#)

Managing diabetes can be stressful and time-consuming. The many daily tasks related to diabetes care can lead to a condition known as diabetes distress. Feeling overwhelmed, frustrated, worried or anxious are commonly experienced by people living with diabetes. Including mental health within your diabetes care can improve your ability to manage and improve your health overall. Join this new group to learn skills to cope with diabetes-related mental health issues.

[Learn more about diabetes and mental health here](#)

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## September 10 is world suicide prevention day!

Suicide intervention is an everyday occurrence and can be as small as reaching out to someone. Get connected to a mental health professional at Layla and let's take the first step, together. Should you need immediate assistance, Crisis Services Canada is also available to support you. Click below for more information.

[Layla Care](#)

[Crisis Services Canada](#)



## Curious to learn more about the FreeStyle Libre and FreeStyle Libre 2 Flash Glucose Monitoring Systems?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions to learn about the FreeStyle Libre and FreeStyle Libre 2 flash glucose monitoring systems.

### Getting Started

During this session, you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

Not sure which system is right for you? [Learn more about the differences here](#)

#### Getting Started with the FreeStyle Libre System

Date: **Friday, September 10th**  
Time: 12pm EST

Register  
now

#### Getting Started with the FreeStyle Libre 2 System

**\*\*Note:** Smartphone required to use the FreeStyle Libre 2 system\*\*

Date: **Friday, September 10<sup>th</sup>**  
Time: 11am EST

Register  
now

### Getting More

During this session, you will learn how to read and understand your FreeStyle Libre or FreeStyle Libre 2 scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.



**Getting More from the FreeStyle Libre and FreeStyle Libre 2 Systems**

Date: **Friday, September 24th**  
Time: **12:00PM EST**

**REGISTER NOW**



## **LMC Manna Research**

### **Learn more about CMV during pregnancy**

1 in 5 children infected with CMV during pregnancy will have a permanent disability such as hearing loss or developmental delay.

Cytomegalovirus (CMV) is a common infection that is mainly transmitted by contact with infectious mucosal secretions or in utero. Almost everyone has had CMV but don't know they had it since its asymptomatic and causes no potential threat to older children and adults. However, CMV infection in newborns can result in significant lifelong disability such as sensorineural hearing loss and developmental delay.

Call LMC Manna Research today:

1-833-323-JOIN

Or click below for more information

[Learn about CMV](#)

