

This month's issue

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Staying Healthy Through The Holidays



The holidays are a great time to relax and unwind. It can also be a challenging time to stay on track with type 2 diabetes. Read some of our tips to stay on track this holiday season!

[Read tips](#)

Happy Feet For The Holiday Season



Keeping your feet healthy, especially during this time, is imperative for your overall health. We encourage you to read our **Home Care for Healthy Feet - Tips & Tricks** to keep your feet healthy at home throughout the holiday season!

[Keep your feet healthy](#)

Keep Your Vision Healthy During The Holidays

Of all the presents you could receive this season, among the most precious is healthy vision. As the weather gets colder and your schedule gets busier, don't neglect your eye health. Read more on how to keep your eyes healthy for the holidays!



[Healthy eyes](#)

Healthy Holiday Tips!



Stay ahead of the game and avoid getting sick this holiday season. 2021 has been another year of COVID precautions... Here are some tips and reminders for a healthy holiday season.

[Learn more](#)

The LMC Diabetes Education Team invites you to join us for a special holiday workshop where we will share our top tips for staying healthy with diabetes during the holiday season!



**"SURVIVING THE HOLIDAYS
WITHOUT BREAKING THE
HEALTH BANK"**

DECEMBER 8TH @ 7:30PM

[Register here](#)



Curious to learn more about the FreeStyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend a free, live, online education session to learn about the FreeStyle Libre flash glucose monitoring system.

Getting More

During this session you will learn how to read and understand your FreeStyle Libre 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 System

Date: **Thursday, December 02**

Time: **3:00 - 4:00 PM EST**

[Register here](#)

LMC Manna Research

Concerned about your TG levels?

A research study in your area is evaluating a new medication. The purpose of this study is to determine the safety and efficacy of this investigational medication that may lower TG levels. LMC Manna Research is looking for participants with Severe Hypertriglyceridemia. Speak with a research specialist today to see if you qualify to participate!



Severe
Hypertriglyceridemia
Research Studies Available
Speak with a professional today!
[1-833-323-JOIN](tel:1-833-323-JOIN) research@lmcmanna.com

1-833-323-JOIN

[Join study](#)



Diabetes Depot

We are pleased to share that we will carry Dexcom!

Save time! Now you can get your insulin infusion sets and CGM supplies bundled in one convenient order! If you prefer, you can even get set up for automatic shipments at intervals of your choice.

Please note: Diabetes Depot will be closed from December 24 – January 2 inclusive. Please place your end-of-year orders as soon as possible to avoid holiday shipping delays.

24/7 online
ordering

Toll-free phone to
a real person

Scheduled
shipments

No contracts

