

New Year, New You!



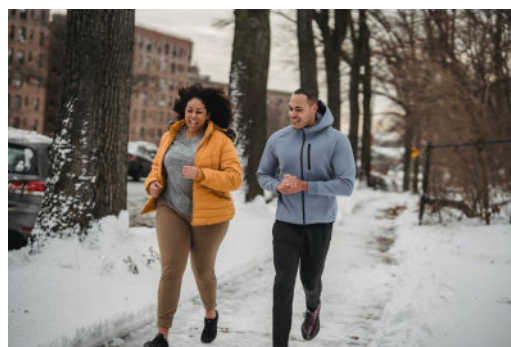
This month's issue

[Tips to Get Your Healthy Lifestyle Started in the New Year!](#)

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[Add Eye Exam to Your New Years Resolutions](#)

[Hard to Keep Blood Sugar Levels Under control?](#)



Tips to Get Your Healthy Lifestyle Started in the New Year!

Happy 2022! Stick with your New Years resolutions by following our tops tips to become a healthier you this year!

Healthy resolutions



Taking Steps Toward a Healthy, New You!

What a better time than now to take the steps toward a healthy new you! We encourage you to read our **Taking steps toward a healthy, new you** article for some tips on goal setting for 2022.

Steps to healthy feet

Add Eye Exam to Your New Years Resolutions!

Booking an eye exam with an optometrist is a simple resolution that's easy to keep and can help protect not only your vision, but your overall health and wellness too. Read our article to see why healthy vision should be the first thing on your list in the new year.

[Read article](#)

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 2 flash glucose monitoring system.

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.

Getting Started with the FreeStyle Libre 2 System

Date: January 24, 2022
Time: 11 AM - 12:00 PM EST

Date: February 21, 2022
Time: 11:00 AM - 12:00 PM EST

[Register now](#)[Register now](#)

Sign up for a free workshop!

We offer a variety of workshops!
Let our Diabetes Educators support
you with your diabetes management!

[Click here to register](#)



LMC Manna Research

Hard to keep blood sugar levels under control?

People with diabetes are at high risk for kidney disease. In spite of advances in improving diabetes risk factors, these patients continue to be at considerable increased risk of adverse kidney disease. Therefore, it is so important that research studies be conducted. The ultimate goal is to find new treatment options for patients with diabetes. Speak with a specialist to learn more about type 2 diabetes treatment options available near your area.
1-833-323-JOIN

[Study details](#)



Diabetes Depot

Dexcom is at Diabetes Depot!

Diabetes Depot is pleased to welcome **Dexcom** to the product lineup! Now you can get your insulin pump supplies AND your Dexcom – or Libre2 or Guardian CGM – all in 1 order!

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your first order of \$100

LMC2022

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