

March is Nutrition Month!



Good nutrition is investing in yourself to have a bright and healthy future. It is important to have your nutrition facts straight! Read our article of the month where we break down common myths regarding your diet. Your health can't wait so invest wisely!

[Read common myths](#)

Is Swelling Affecting Your Feet & Legs?

Did you know that kidney disease can affect both your feet and legs by causing edema?

Compression stockings are a great way to prevent swelling in the legs and feet.

Click on the button below to learn more about how we can help!

[More on compression stockings](#)



Favourite Free Services from our LMC Certified Diabetes Educator Pharmacists

March is Pharmacist Appreciation Month! Pharmacists can provide you with more than prescriptions. Check out patients' favourite, free services from our LMC Certified Diabetes Educator Pharmacists!



Free pharmacy services



Join Our Virtual Workshop! Diabetes & Oral Health

With Dental Hygienist:

Balbir Sohi, MSc, RDH, OMT

Date: March 29, 2022

Time: 7 PM EST

Register now

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 Started FreeStyle Libre 2 CLOSED event

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.

Date: March 07, 2022

Time: 11:00 AM EST

Date: March 22, 2022

Time: 11:00 AM EST

Sign up

Sign up

Getting Ready for Ramadan



The following topics will be covered in the workshop:

- Pre-Ramadan Medical assessment
- Associated Risks
- Recognizing and managing associated risks
- Blood glucose monitoring
- Healthy Eating During Ramadan
- Physical activity and Exercise

English

March 8th at 7:30pm

[Sign up](#)

Urdu

March 12th at 11am

[Sign up](#)

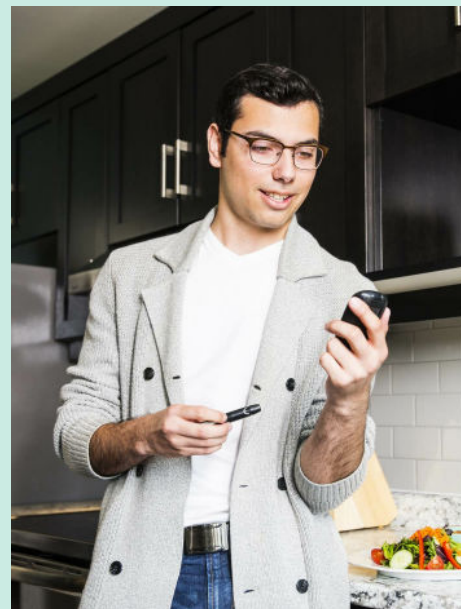
Centricity Research

Centricity Research is looking for individuals who have Type 1 Diabetes to participate in a clinical research trial involving an investigational medication to help prevent overnight hypoglycemia. Study related medication, supplies, and travel expenses may be provided.

If you are:

- 18 years to 65 years old
- Living with Type 1 Diabetes for at least 5 years

[Join study](#)



Help us find a treatment for prevent hypoglycemia and earn \$2,650 for compensation

You may be eligible to participate! Speak with a diabetes specialist today!



Diabetes Depot

Dexcom and Libre on your drug plan via Diabetes Depot!

Contact us to see if your drug plan covers Dexcom and Libre so you don't have to pay upfront!

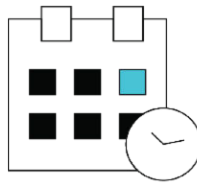
DYK? Diabetes Depot is operated by LMC Pharmacy-Brampton and we can process Dexcom and Libre/Libre 2 on your drug plan. That way you only pay the plan deductible or co-pay.



TOLL-FREE PHONE
TO A REAL PERSON



24/7 ONLINE
ORDERING



SCHEDULED
SHIPMENTS



NO
CONTRACTS



EMAIL:
INFO@DIABETESDEPOT.CA

LMC Exclusive Coupon Codes!

LMCVIP

\$10 off your order over \$200

Save now

LMC25

\$25 off your first order over \$200

Save now

