



LMC **Diabetes Education Program**

Largest Community-based Diabetes Program in Canada

Our goal is to empower you to self-manage your diabetes, by providing support in both group and individual sessions.

- Free service / No referral required
- Dynamic team of Certified Diabetes Educators
- Each LMC site is an ADP certified clinic

VIRTUAL GROUP EDUCATION WORKSHOPS

- Seven Tips for Living Well with Diabetes
- Nutrition: The Cornerstone of Managing Diabetes
- Carb Counting With Confidence
- Six Steps to a Healthy Heart
- Fine-Tuning Insulin: Advanced skills to make your own Adjustments
- Weight Management Program
- How to Manage Cravings & Emotional Eating
- Revamp Your Recipes
- The Sweet Dilemma: Artificial Sweeteners vs. Sugar
- Travelling with Diabetes
- Pumping Basics / Pump Ready
- GDM



**SIGN UP TO
GET STARTED!**

More workshops available! If you're interested in attending, contact us:
1-866-701-3636(ENDO) | contact@lmc.ca

Learn more about LMC - Visit us online at LMC.ca