

LMC

# Diabetes Education Program



## Take Control of Your Diabetes with Confidence

Our Diabetes Education Program is the largest community-based adult diabetes centre in Canada. Our team of Certified Diabetes Educators is committed to empowering you to self-manage your diabetes through individual counselling and interactive workshops.

**We can offer support and information on:**

Type 1 Diabetes

Type 2 Diabetes

Diabetes and Pregnancy

Insulin Pump Therapy

Innovative Treatment Options

Visit us online [lmc.ca](https://lmc.ca)

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# Diabetes Education Program

Our Diabetes Education Program is the largest community-based adult diabetes centre in Canada, designed to help you build confidence and take control of your health.

Our team of Certified Diabetes Educators provides support through small group sessions and one-on-one care, tailored to your needs.

## **Free Group Education Workshops**

Free group education sessions and individual counselling sessions for patients living with type 1 & type 2 diabetes, including insulin pump therapy. ADP (insulin pump) certified clinic. We are pleased to offer both in-person and virtual care.

### **Group education sessions include:**

- Seven Tips for Living Well with Diabetes
- Nutrition: The Cornerstone of Managing Diabetes
- Carb Counting with Confidence
- Six Steps to a Healthy Heart
- Weight Management
- Pump Ready
- Monthly Specialty Workshops



Take the next step in your diabetes care.

**Scan the QR code**

to explore upcoming workshops and register today.