



## Personalized Lifestyle & Nutrition Programs That Fit Your Life

At LMC Lifestyle, our expert team of dietitians, nurses, and lifestyle educators provides personalized programs to help you achieve long-term health goals, from weight management to metabolic wellness. We take a whole-person approach, guiding you to build sustainable habits that support lasting success.

### OUR PROGRAMS

#### Weight Management Program

Evidence-based, weight management solutions tailored to your unique health goals.

#### Continuous Glucose Monitoring (CGM) Coaching

Learn how to use CGM technology to gain real-time insights into your body and make informed lifestyle changes.

#### Lifestyle & Nutrition Coaching

Personalized guidance to help you develop healthier eating habits and sustainable lifestyle routines.



Scan to Learn More

[lmclifestyle.ca](https://lmclifestyle.ca)



## WHY CHOOSE LMC LIFESTYLE



**Personalized,  
one-on-one support**



**Focus on sustainable,  
long-term results**



**Backed by 25+ years  
of metabolic expertise**



**Multidisciplinary  
team of experts**



**Flexible and convenient  
virtual appointments**

We help you build real habits that fit your life so you can feel better, stay consistent, and see lasting results. No matter where you are on your journey, we'll meet you there - with the tools, education, and support you need to succeed.



Start Thriving. Live Well.

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