

LMC Insider

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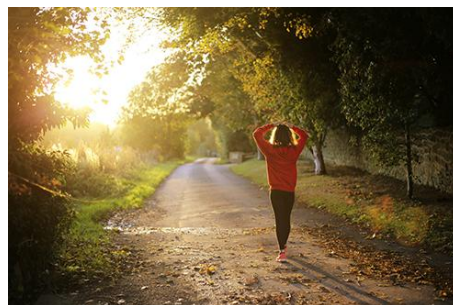
Hi ,

We can hardly believe it's already nearing the end of Summer! We want to help you make the most of these warm, sunny days ahead by getting outside and being active!

Read the latest on the [LMC Blog](#) where our diabetes experts share some of their greatest advice, tips and tools to inspire and motivate you to live your best life!

It's Summer, Go Play Outside!

Whether it is to get back in shape, to prepare for a 10K run or enjoy some family time, there is no better way to enjoy summer than to play outside. Whatever your goal is, the benefits that come from moving your body are numerous!



[Read the full article on the LMC Blog](#)

Order Your Prescriptions Online!

Do you use an insulin pump?



Visit [DiabetesSource.ca](#) or [email us](#) directly to order your prescriptions and insulin pump supplies online!

Sign Up For FREE Group Education Sessions

[Visit our website](#) to learn more about the different Group Education Sessions we offer!

- * Living with Diabetes
- * Nutrition and Lifestyle
- * Carbohydrate Counting
- * Advanced Skills
- * Pattern Management
- * Conquering Cholesterol
- * Dexcom Trial

[Sign up today for one of our FREE Group Education Sessions!](#)



Together we can make a difference. Participate in a study today!

Learn about the importance of clinical research studies and how your involvement makes a positive impact.

To learn more about ongoing studies, email us at join@improvinghealth.ca or call **1-866-701-3636**

Visit us online at ImprovingHealth.ca

Taking The First Step in Foot Care

Foot care and Diabetes go together like peas and carrots. Routine foot care should be an essential part of managing your condition. Foot problems are common in those living with diabetes making it crucial to keep your feet healthy and have ongoing, routine foot care as a part of your diabetes management regime.

Read the full article about the importance of foot care and learn the steps you can take to ensure you always put your best foot forward!





You may be able to take part in the PROMINENT Study - [Learn More](#)



Do you have Type 1 Diabetes? New research opportunity looking at a glucagon rescue pen! [LEARN MORE](#)

This Fall, #TeamLMC will be participating in the **JDRF Revolution**

Ride to defeat diabetes! This high-energy stationary cycling event is taking place in cities across Canada. This event will challenge Canadians to go further to defeat diabetes. To learn more about JDRF, [click here](#).

Let Us Help!

Do you have a friend or family member who has Diabetes and is struggling with their Diabetes Management? We can help!

Have them email us at referrals@lmc.ca or call us at **1-866-701-ENDO**

Join The T1D Community

Come join our monthly meet-ups at two of our Ontario offices, where newly diagnosed and diabetes veterans can share experiences and connect with others living with Type 1 diabetes.

Contact [Mei Chan](#) for more information!

Adventure Seeker with T1D?

Check out our friends at **Connected In Motion** and see how you can participate in one of their events!



STAY CONNECTED:

