

Heat Dehydration Cautions & Travel Tips



Summer is upon us which means the temperature is rising! Dehydration is a risk for everyone during hot weather. Your body will require more water during this time of year or if travelling to a warm destination. Also to be aware that high blood sugars can decrease the water in your body; therefore, a hot climate could make this worse.

[Read more](#)

**WALK AND FUNDRAISE
TO CURE DIABETES**



Upcoming Events In The Community

Toronto Sun Life Walk to Cure Diabetes for JDRF

Sunday June 9th

Canada's Wonderland

Check in starts at 8:00am and the Walk begins at 10:00am

[**LEARN MORE & REGISTER!**](#)



LMC Manna Research

**KNEE PAIN
IMPACTING YOUR
DAY? 40-75
YEARS OLD?**

improvinghealth.ca/kneepain

**SPEAK TO A RESEARCH
PROFESSIONAL TODAY!**

LMC MANNA RESEARCH

LMC Manna Research is looking for volunteers who are living with osteoarthritis of the knee to participate in a research trial. This opportunity will be exploring the safety and effectiveness of an investigational medication, and its potential impacts in reducing knee pain due to osteoarthritis.

You may be eligible if you:

- Are 40-75 years old
- Have been living with osteoarthritis of the knee for 2+ years
- Have been taking regular medication to treat your osteoarthritis

**Note: Additional eligibility criteria will also apply*

Think this may be a great opportunity for you? Speak with a representative at LMC Manna Research today! We are proud to be part of such an exciting time in research, medication development & advancement. If you would like to learn more about how to participate in one of our clinical research programs, contact us today!

1-833-323-JOIN (5646) - join@improvinghealth.ca

Book Your Next Appointment Online

No more waiting on the phone... Easy & Convenient

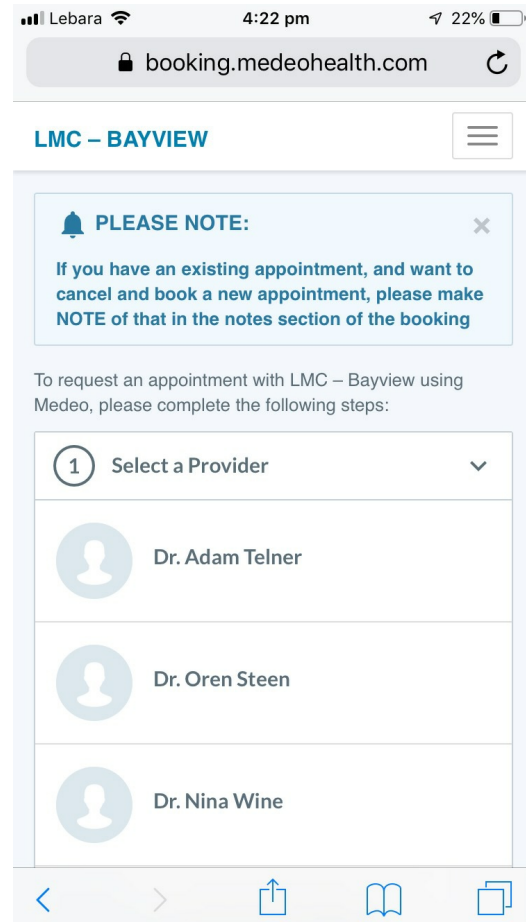
Since the beginning of January this year, our team has:

Answered over **28,630 calls**
And only **4.2%** of the appointment requests were booked online

With the increasing number of calls every day, our online appointment system helps to free up our staff to answer calls for those who need more help.

FREE up your care team's time. For your next appointment, make sure you try our online booking system at:

BOOK AN APPOINTMENT



STAY CONNECTED!

