



## **Nutrition Month**

Happy Nutrition Month! March is a month dedicated to help educate and empower Canadians to make informed food choices and to help create healthy habits. What better opportunity to discuss the launch of the new Canada's Food Guide.

[Read more](#)



## How Screens Can Affect Eating Habits in Teens and Children

Sarah Blunden, P.Dt, CDE, CPT, Professional Dietitian, talks about how computer screens and computer devices can affect eating habits in teens and children.

[Watch the video](#)

## Foot Focus Virtual Workshop Taking Your First Step Towards Healthy Feet

Join us online on Monday, March 11 at 7:00PM - 7:30PM for an educational workshop being held by the LMC Chiropody team!

### **Topics Covered:**

- \* How does diabetes affect the feet?
- \* Understanding complications of the feet
- \* How a chiropodist can help you prevent complications
- \* Tips and tricks to healthy feet

Suitable For: Anyone with diabetes - family welcome!

[\*\*REGISTER ONLINE\*\*](#)



## Getting ready for **RAMADAN**

We are pleased to announce that your LMC Diabetes Education team is once again holding "**Getting Ready for RAMADAN**" workshops this year.

These workshops will assist you to safely manage your diabetes during the month of Ramadan. Topics to be covered will include healthy eating and information about risks associated with fasting in diabetes and how to manage them.

**The workshops are free and will be offered in PERSON and ONLINE.**

Workshops will be held at our **Etobicoke** and **Brampton** locations.

[LEARN MORE](#)

An advertisement for a study. The background is a photograph of a traditional Ramadan meal, including flatbread, a bowl of soup, and a plate of meat and vegetables. In the top left corner, there is a small green and white logo with the letters 'LMC' and 'MR'. A large white circle with a thin black border is overlaid on the image, containing the text 'Living with Type 2 Diabetes? Observing Ramadan this year?'. At the bottom of the image, there is a green banner with a white telephone icon, the phone number '1-833-323-JOIN', a white envelope icon, and the email address 'join@improvinghealth.ca'.

## Living with Type 2 Diabetes? Observing Ramadan this year?

**LMC Manna Research** is looking for volunteers who are currently using insulin to treat their diabetes to participate in an observational program to **better understand diabetes managements during Ramadan.**

If you:

- Are living with Type 2 Diabetes

- Are using insulin therapy
- Fast at least 15 days of Ramadan

Then this program may be for you! Speak to a research professional today!

**1-833-323-JOIN**  
[join@improvinghealth.ca](mailto:join@improvinghealth.ca)  
[improvinghealth.ca](http://improvinghealth.ca)



LMC MR

Concerned about your kidney health?

1-833-323-JOIN [join@improvinghealth.ca](mailto:join@improvinghealth.ca)

## Living with Type 2 Diabetes? Concerned about your Kidney Health?

**LMC Manna Research** is looking for volunteers to participate in a research opportunity exploring the effects of an investigational medication for people living with kidney issues.

If you are:

- 18 years of age or older
- Living with Type 2 Diabetes
- Currently experiencing mild to moderate kidney issues

Then this program may be for you! Speak to a research professional today!

**1-833-323-JOIN**  
[join@improvinghealth.ca](mailto:join@improvinghealth.ca)  
[improvinghealth.ca](http://improvinghealth.ca)





## LMC Pharmacy Talks About Medication & Kidney Health

What do our kidneys actually do for our bodies? Do medications affect the kidneys? How do we keep our kidneys healthy?

Our own LMC Diabetes Educator Pharmacist has answered some of your questions and provided tips on how to keep your kidneys healthy.

[Read more](#)

We now offer easy online booking for all your appointments!

Fill out our online form to book an appointment with your Endocrinologist, Diabetes Educator, Chiropractor, Optometrist or Pharmacist.

[BOOK AN APPOINTMENT](#)

1-866-701-3636 (ENDO)

[contact@lmc.ca](mailto:contact@lmc.ca)

STAY CONNECTED!



