



## **4 Tips To Get You Back Into A Healthy Routine**

It's back to school time which means it's time to get back into a routine! Although it may be difficult to get back into the swing of things, a routine can be quite helpful for your health. Meal planning, scheduling regular physical activity and self-care time are the keys to success to your diabetes management.

[Read more](#)



## Smart Shoe-Fitting Tips for Growing Brains

The hustle and bustle for back to school preparations is in full swing! We often recall rules when fitting suitable backpacks or clothing, but don't forget that shoes have proper fitting requirements as well. See below for tips and tricks to fitting the right shoe no matter who you're shopping for!

[Read more](#)

ARE YOU READY FOR SCHOOL?  
**OUR BACK TO SCHOOL  
SALE IS BACK!**

**1** pair of single vision prescription glasses **\$109**

**2** pairs of single vision prescription glasses **\$169**

When you buy 8 boxes of contact lenses get  
**\$10 gift card** and a mail in rebate!

**August 6th to September 30th**

\*Age restrictions apply; frame & lens restrictions apply; coatings extra.



**Eye exams help children succeed in school**

Did you know that 80 percent of what children are expected to learn in and outside the classroom requires good vision? It's true - and that statistic, which has been around for a long time, probably should be revised upward because of the ever-increasing amount of screen time that kids are exposed to these days.

An annual eye exam is the only way to ensure your child is seeing clearly and comfortably to succeed in the classroom. It's also the only way to know for sure if kids are seeing their best for sports and other activities, too.

**Don't put it off - whether it's back to school or back to work, schedule your**

## SAVE THE DATE

**LMC Vaughan Optometry & Eye Care is celebrating it's one year anniversary on September 13 & 14!**

There will be designer eyeglass and sunglass collections on hand; draws throughout the day for gift cards and gift baskets; and refreshments and small bites to enjoy.

Our team is looking forward to welcoming you!



## WANT TO LEARN MORE ABOUT:

- Meal planning for diabetes
- How to adjust your insulin doses
- How to prevent complications

**...But find it difficult to take time off work or travel to the clinic?**

### JOIN US ONLINE!

You can learn about these topics and more through our many **Diabetes Education Sessions** - now offered online and in the evenings!



All sessions are free and registration is simple – just go to [www.lmcvirtual.as.me/](http://www.lmcvirtual.as.me/) to browse our list of topics and sign up.

## Learn how you could participate in a research study of an investigational drug for preventing respiratory illness associated with Respiratory Tract Infections (RTIs)

**LMC Manna Research** would like to let you and your families know about a research study that we are conducting at our clinics. We are recruiting volunteers who are over the age of 65 and are non-smokers to participate in a clinical research trial that will provide access to an investigational medication that may help prevent respiratory tract infections such as cold, flu, pneumonia and bronchitis.



[Read More](#)

**STAY CONNECTED!**

