



Happy New Year! January is often a time where new goals are set and resolutions begin. This is a chance for you to reflect on the previous year and perhaps think about a small change you would like to commit to for the year ahead. What are your thoughts and your goals for the year of 2020? If you can't think of any, we have some ideas for you!

[Read more](#)



# TAKING INSULIN FOR YOUR TYPE 2 DIABETES?

Speak to a research  
professional today!  
1-833-323-JOIN  
[www.improvinghealth.ca](http://www.improvinghealth.ca)

**LMC** Manna Research

LMC Manna Research is looking for volunteers who are currently using insulin for their Type 2 Diabetes to participate in a research trial. This opportunity will be exploring the safety and efficacy of an investigational medication, as well as potential impacts on blood sugar levels.

Think this may be a great opportunity for you? Speak with a diabetes specialist at LMC Manna Research today! We are proud to be part of such an exciting time in diabetes research and medication development & advancement. If you would like to learn more about how to participate in one of our clinical research programs, contact us by emailing [research@lmcmanna.com](mailto:research@lmcmanna.com) or calling us at 1-833-323-JOIN.

[Learn more](#)

**LMC** Optometry  
& Eye Care

**BOGO 40%  
OFF GLASSES**

\*Offer valid in-store only until  
January 31, 2020



Buy one pair of glasses at regular price and get your second pair including eyeglass frames and prescription lenses @ 40% off\*

[Learn more](#)

**STAY CONNECTED!**

