



Fighting Holiday Cravings

Managing Your Diabetes This Holiday Season

The holiday season is fast approaching. With travelling, get-togethers, and a change in meals and activity, managing your diabetes may become more challenging. Check out these helpful tips to keep you on track while relaxing during this holiday season.

[Read more](#)



**HOLIDAYS DON'T
HAVE TO COME
WITH HIGH
CHOLESTEROL**

**Heart Health
Research Study Available**
1-833-323-JOIN(5646)
Travel compensation possible.

LMC Manna Research

LMC Manna Research is seeking people to participate in a research study for people being treated for high cholesterol and who also have either diabetes or vascular disease (coronary artery disease, cerebrovascular disease, or peripheral artery disease).

While participation in a clinical trial, also called a research study, is voluntary, qualified volunteers participating in this study will be compensated for travel expenses. Compensation will be discussed by the staff at the research clinic.

Think this may be a great opportunity for you? Speak with a research specialist at LMC Manna Research today! We are proud to be part of such an exciting time in 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 or calling us at 1-833-323-JOIN (5646).

[Read more](#)



HOLIDAY SALE

Celebrate the season in style and add
some **sparkle with 2 pairs of new glasses**

**Save 40% on a
Complete Pair
of Glasses**

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

*Discount applies to the purchase of a complete second pair. Complete pair includes regular priced frames and branded lenses with premium coatings. Certain restrictions apply, not valid on packages. Offer valid in-store only until January 31, 2020

LMC Optometry
& Eye Care

[Learn More](#)



**Tips to avoid
getting sick**

Healthy Holidays!

The holidays are a great time to get together with friends and family, new and old. It also tends to be a time of increased busyness, change of routine and cooler weather. This can sometimes result in you not being at your best health. Here are some tips to prevent getting sick and reminders for the holiday season.

[Read more](#)

STAY CONNECTED!

