



HEALTHY HOLIDAYS

Staying Active Through the Winter

Many people struggle to keep active through the winter months because of the cold weather. This year has posed an extra challenge for us all with gym closures and other limitations. Despite this, we should still aim for 150 minutes of cardio activity per week such as walking or aerobics. This can be done in sessions which are 10 minutes or more in length. Additionally, we need 2-3 sessions of resistance (this works our muscles) per week. We are here to help you stay active, healthy and warm – please click “Read More” to learn some helpful tips!



[Read More](#)

Curious to Learn More About the Freestyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend a free, live, online education session to learn about the FreeStyle Libre flash glucose monitoring system.

Getting Started - During this session you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

Getting Started with the FreeStyle Libre System

Date: Friday, December 11, 2020

Time: 12:00PM

Event ID: 871-163-259

[Register Now](#)

Healthy Feet Over The Holidays



As you know, the holiday season is quickly approaching! We encourage you to come in for your foot care appointment before the end of the year to ensure optimal foot health over the holidays. We also encourage you to read our **Home Care for Healthy Feet – Tips & Tricks** to keep your feet healthy at home during the break. Wishing you all the best over the holidays and a very happy new year!

[Read More](#)

Healthy Holidays

If there were ever a year to emphasize health over the holidays, 2020 is it! Here are some tips to prevent getting sick and healthy reminders for the holiday season.

[Read More](#)





Optometry & Eye Care

Our December issue of the LMC Insider comes to you just as we are heading into stricter lock-down conditions in certain

regions of Ontario. Thankfully, optometry services are seen as essential and we are still able to provide you with eye health exams as well as servicing all of your eyewear needs. However, I can't help but think back to earlier this year when our clinic was locked down for three months. During this period we received numerous calls and emails from our valued patients, describing incidents and sending in photos of their broken glasses



Don't be caught in this situation; take steps now to make sure you have a back-up pair of glasses. We have packages to suit your budget and current holiday promotions to upgrade your look and upgrade your lenses. Visit www.lmc.ca/eyecare for complete details. We are sure that you will identify with at least one of the scenarios described in our article, 7 Reasons You Need a Back Up Pair of Glasses. Thank you for your support this past year, we wish you good health and happy holidays.

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Diabetes Depot

Please note that our holiday hours include a closure from December 24, 2020 to January 4, 2021. Orders placed on December 23, after 12pm EST will be processed starting January 4. Courier services have notified us of delivery delays of 5-7 business days, so we encourage you to place your orders by December 14 to receive your supplies before the end of the year. Happy and Healthy Holidays from Diabetes Depot!

