



**Wishing you good times, good cheer  
and a memorable new year.**

Happy New Year! Many people will be setting new years' resolutions this month and we want to make sure you succeed!

A helpful way of setting goals is using the SMART framework. SMART stands for:

**Specific** – sometimes goals start out as a broad concept like “I want to eat healthier” but it’s helpful to make this more concrete so you have a clear direction to work towards.

[Read More](#)

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## Taking STEPS Toward A Healthy New You!

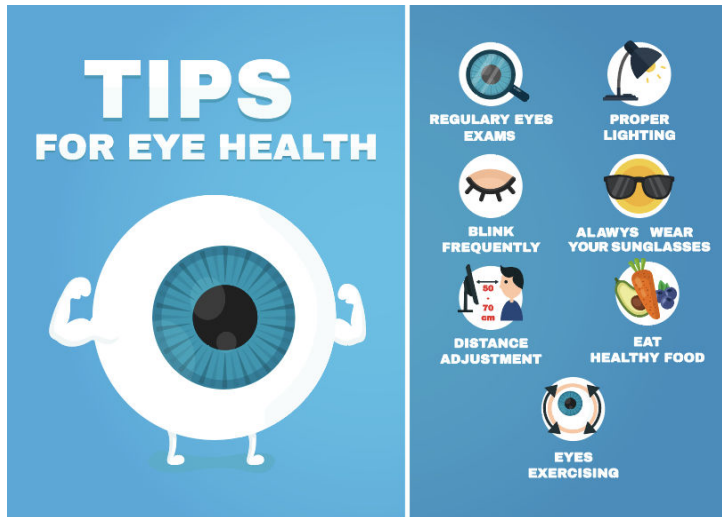


Welcome to 2021! What a better time than now to take the steps toward a healthy new you! Please remember that foot health is extremely important in your overall wellbeing. While you're taking care of yourself this year, don't forget about your feet!

We encourage you to read our **STEPS Toward A Healthy New You** article for some tips to keep in mind when setting this year's goals toward becoming more healthy overall.

[Read More](#)[Book An Appointment](#)

## 4 New Year's Resolutions for Healthier Eyes



The beginning of the year is a great time to hit the reset button on poor health habits: here are four resolutions you can make to have healthier eyes in 2021:

**1. Resolution One:** I'll eat a healthy diet and exercise.

Your eyes need a sufficient amount of vitamins and minerals in order to function properly. In particular, vitamins A, C and E along with omega-3 can help to keep your eyes healthy.

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# Diabetes Depot

Happy New Year! Diabetes Depot is Canada's original one-stop-shop for diabetes and insulin pump supplies, savings and support! Owned and operated by LMC Pharmacy-Brampton, our team of Certified Pump Trainers, Certified Diabetes Educators and T1D pumpers are happy to share that we now carry the YpsoPump product line! As usual, you are always welcome to place your order in the most convenient way for you:

- Online [www.diabetesdepot.ca](http://www.diabetesdepot.ca)
- Toll-free phone 1-888-678-8887 connecting you to a real, friendly and helpful person!
- Email [info@diabetesdepot.ca](mailto:info@diabetesdepot.ca)

Please enjoy these LMC Exclusive Coupon Codes to celebrate the addition of YpsoPump products and to ring in the New Year!

- Welcome-LMC      \$25 off your first order over \$200
- LMC-VIP            \$10 off your order over \$200

