



## Time For Some Self-Care



### Self-Care Day and Hydration Tips



This year we are focusing on one of the seven pillars of self-care – healthy eating which includes our fluid intake.

[Read More](#)

### Foot Care Is Self-Care



With July 24th being International Self-Care Day, we wanted to remind you to take care of a body part that is often overlooked – your feet!

[Read More](#)

## Curious to learn more about the FreeStyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions 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: **Wednesday August 11<sup>th</sup>, 2021**  
Time: 11:00 AM

[Register Here](#)

**Getting More** - During this session you will learn how to read and understand your FreeStyle Libre scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.

### Getting More from the FreeStyle Libre System

Date: **Wednesday August 25<sup>th</sup>, 2021**

Time: 11:00AM

[Register Here](#)

## New Coping with Diabetes Workshop Series!

Managing diabetes can be stressful and time-consuming. The many daily tasks related to diabetes care can lead to a condition known as diabetes distress. Feeling overwhelmed, frustrated, worried or anxious are commonly experienced by people living with diabetes. Including mental health within your diabetes care can improve your ability to manage and improve your health overall. Join this new group to learn skills to cope with diabetes-related mental health issues

[Learn more here](#)

[Learn more about Diabetes and Mental Health here](#)



## DIABETES AND DRY EYE SYNDROME (DES)

DES, known as keratoconjunctivitis sicca, is one of the most commonly diagnosed eye conditions, and people with diabetes are at higher risk for this disorder.

Read  
More

You may be eligible to participate if you:

- Are 18 to 75 years of age
- Are diagnosed with moderate to severe HS for at least one year
- Have present HS lesions in at least two areas

Additional eligibility criteria will also apply  
Compensation may be provided during the study

LMC Manna Research

**1-833-323-JOIN**

[lmcmannaresearch.com](http://lmcmannaresearch.com)

BE COMFORTABLE IN YOUR SKIN

### NEW HIDRADENITIS SUPPURATIVA STUDY AVAILABLE

Speak with one of our dermatologist for more information  
📞 1-833-323-JOIN ✉ RESEARCH@LMCRESEARCH.COM

STAY CONNECTED

