



Diabetes Depot

WINTER 2023 NEWSLETTER

Happy & Healthy New Year!

Happy New Year! **Diabetes Depot** is excited to announce the launch of a new **Education Corner** on the website brought to you by **LMC Diabetes Education**.

This helpful feature will include monthly workshops, an 'Ask-the-Expert' series, our newsletters and a library of handouts and resources on T1D and pump topics. We'll be adding to the Education Corner routinely so check back often for fresh, informative content!

New! T1D Workshops & Ask the Expert Sessions in January & February

In this newsletter:

- [New! T1D Education Workshops and Ask-the-Expert Sessions for January and February](#)
- [Getting Back on Track in the New Year](#)
- [Healthy Eating Tips & Recipes](#)

Thank you for being a Diabetes Depot client! Best wishes for 2023!

[Click here to learn more about LMC Diabetes Education](#)

New in 2023! Diabetes Depot Monthly T1D Education Workshops & Ask-The-Expert Sessions

Sign up for the first workshop, **T1D Tools & Technology**, that will cover where we're at and what exciting new diabetes tech is coming.

Find out more and access our knowledgeable healthcare providers through our new Diabetes Depot T1D Education Workshops and Ask-the-Expert Sessions!



[**Learn More or Sign Up**](#)



Getting Back on Track in the New Year

Welcome to 2023! The holiday season can be exciting and fun, but also stressful and challenging for managing diabetes.

Here are some helpful tips to help you get back on track and kick off a happy, healthy new year...

[Read More](#)

Healthy Eating Tips & Recipes

Salads are a great idea because they require minimal prep, no cooking and are easy to fit into a busy schedule! Get the most out of your salads and check out some recipes...

[Read More](#)



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LMC Healthcare | 1929 Bayview Avenue, Suite 107, Toronto, M4G 3E8 Canada

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