HEALTH LINKS Education

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Edmonton: Mon, Nov. 9, 2026 — *Edmonton Inn & Conference Centre*

Calgary: Tue, Nov. 16, 2026 — *DoubleTree by Hilton Calgary North*



Lisa Maks
RN, MN, CDE



Decoding Insulin Resistance

- The Metabolic Cascade and Systemic Links to Chronic Disease.
- Beyond Fasting Glucose; Other Tests for Early Dx.
- Medical Nutrition Therapy for Insulin Resistance.
- Continuous Glucose Monitors and Their Place in IR Management.
- Evidence-Based Exercise Prescriptions to Optimise Metabolic Health.
- De-prescribing Glucose-Lowering Medications Safely.
- How to Maximise Metabolic Remission and the Role of Incretins.
- The "Forgotten Pillars"; and a Word about Cortisol.
- Behaviour-Change Psychology and Increasing Patient "Buy-In".
- Case Studies.

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