

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
- Beyond Fasting Glucose
- Medical Nutrition Therapy for Insulin Resistance
- Continuous Glucose Monitors & their place in IR management
- Exercise Physiology
- Pharmacology and De-prescribing
- Maximizing Metabolic Remission
- The “Forgotten Pillars”
- Behaviour Change Psychology
- From Algorithms to Action

Workshop



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Includes:

- Coffee & Tea
- Lunch (*Soup, Salad, & Sandwich Buffet*)
- Printed Handouts
- Certificate of Completion for 6.5 Hours of CE