



Winnipeg: Mon, Nov. 23, 2026

Canad Inns Destination Centre Polo Park



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.

Workshop



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RESISTANCE**



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Includes:

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