



## Healthy Menu of Services

Leader in delivery of holistic wellness models of care — reflecting body, mind and spirit — to reduce impacts of type 2 diabetes on Indigenous peoples in Ontario and build community capacity in diabetes prevention.

### **Body** Foot Care Program

This program provides holistic preventative care and services; the program features:

- Foot care education
- Ongoing foot care clinics
- Subsidy program
- Self-care kits

Contact Northern Region Sudbury, ON [fcc@idhc.life](mailto:fcc@idhc.life) or 289-668-0551 or 1-888-514-1370 to arrange for customized foot care presentations, clinics and consultation opportunities for your community or organization.

### **Mind** Knowledge Department

This department provides frontline health worker professional development and features:

- Culturally-appropriate wellness resources
- Professional certification through ICBOC
- Professional training (such as Foot Care Level 1, Diabetes Awareness, Gestational Diabetes Prevention and more)

Contact [kcoordinator@idhc.life](mailto:kcoordinator@idhc.life) to arrange for customized training and certification opportunities for your community or organization.

### **Spirit** Diabetes Wellness Program

This program provides Diabetes Wellness awareness and education and features:

- Healthy lifestyle presentations from Indigenous perspectives
- Workshops and interactive healthy living activities
- Annual Event, at community events and health fairs

Contact [dwcsouth@idhc.life](mailto:dwcsouth@idhc.life) to arrange for customized presentations and consultation opportunities for your community or organization.

Northern Region Sudbury, ON  
[289-668-0551](tel:289-668-0551)

Southern Region Hamilton ON  
[905-388-6010](tel:905-388-6010)

Eastern Region Curve Lake First Nation  
ON [613-697-6604](tel:613-697-6604)

Central Region Barrie, ON  
[705-220-8910](tel:705-220-8910)

Western Region Ohsweken ON  
[519-750-0893](tel:519-750-0893)

Head Office Thorold, ON  
[1-888-514-1370](tel:1-888-514-1370)