

AUGUST 2021

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Grandfather Teachings & Caring for Your Feet

August 19 Time: 1:00 p.m. — 2:00 p.m.

[Register Here](#)

Virtual Workshops & Events

Gentle Yoga

August 4, 11, 18 Time: 9:00 a.m. — 10:00 a.m.

[Register Here](#)

Hatha Yoga

Aug 4, 11, 18, 2021 Time: 10:30 a.m. — 11:30 a.m.

[Register Here](#)

Family Wellness Scavenger Hunt — Summer Edition

August 4, 2021 Time: 1:00 p.m.-2:00 p.m.

[Register Here](#)

Diabetes Information Circle

August 10 Time: 1:00 p.m. — 2:30 p.m.

[Register Here](#)

Virtual Cooking Kitchen with Laura

August 12 Time: 4:30 p.m. — 5:30 p.m.

[Register Here](#)

Inspirational Speaker Series

August 18 Time: 1:00 p.m. & 7:00 p.m.

[Register Here](#)

Small Steps Make Big Changes

August 24 Time: 1:00 p.m. — 2:00 p.m.

[Register Here](#)

Cultivating Inner Peace for Holistic Health and Stress Reduction

August 25 Time: 1:00 p.m. — 2:30 p.m.

[Register Here](#)

Frontline Worker Training

Looking for team trainings? The Knowledge department offers frontline worker training related to diabetes wellness (13 Grandmother Moons Diabetes Prevention, Foot Care Level 1, and Seven Generations Gestational Diabetes Prevention Training series). The department also customizes trainings to fit the needs of your team.

Questions? Contact Jessica at kcoordinator@idhc.life.

Foot Care Program

The Foot Care program offers organizations and programs that service Indigenous communities resources for personal foot inspections and basic daily foot care.

[Request kits here.](#)

Wellness Wednesdays

On most Wednesdays, a new recipe and cooking video from Laura Lenson are posted on the IDHC Facebook page. Try a recipe and send comments and photos to Kathleen Laforme at dwcsouth@idhc.life for a chance to win a \$25 gift card!

Traditional Practitioner Schedule

- Tuesday, **August 3** Audra Maloney
- Wednesday, **August 11** Lisa Green
- Wednesday, **August 18**
Grandmother Renée Thomas-Hill
- Friday, **August 20** Valarie King
- Wednesday, **August 25** Gail Whitlow

To book a time to speak with a Traditional Practitioner, [register here.](#)

Any questions or referrals contact Gail Stup at elderhelper@idhc.life or call 289-241-9913

Visit us on [Social Media!](#)

