

APRIL 2021

Indigenous Diabetes Health Circle Programming

Virtual Meetings, Webinars & Workshops

Gentle Yoga

Wednesday(s) April 7, 14, 21, 2021 9 – 10 a.m.

[Register Here](#)

Hatha Yoga

Wednesday(s) April 7, 14, 21 10:30 – 11:30 a.m.

[Register Here](#)

Virtual Cooking Kitchen with Laura

Thursday, April 8, 2021 4:30 – 5:30 p.m.

[Register Here](#)

Diabetes Information Circle

Tuesday, April 13, 2021 1pm – 2:30 p.m.

[Register Here](#)

Inspirational Speaker Series

Speaker: Jane Burning, Finding my Centre through Forgiveness

Wednesday, April 14, 2021 1:00 p.m. & 7 p.m.

[Register Here](#)

IDHC Webinar Series

Honouring Nibi (Water): Water Teachings with Mary Elliott

Thursday April 15, 2021, 1 – 2:30 p.m.

[Register Here](#)

Frontline Worker Training: Infant Massage Workshop

(open to front line health workers, expectant families, families with infants)

Tuesday, April 20 1:00 – 2:00 p.m.

[Register Here](#)

For more information, contact Jessica Pace at

kcoordinator@IDHC.life

Foot Care Program

The Foot Care Program offers resources for personal foot inspections and basic daily foot care. Organizations and programs that service Indigenous communities may [request kits here](#).

Wellness Wednesdays

Every Wednesday, Laura Lenson posts a recipe and cooking demonstration video to IDHC Facebook. Try the recipe and send your comments and photos to dwcsouth@idhc.life for a chance to win a \$25 gift card!

Wellness Wednesday Traditional Practitioner Schedule

April 7 **Lisa Green**

April 14 **Grandmother Renée Thomas-Hill**

April 21 **Audra Maloney**

April 28 **Gail Whitlow**

Register for a meeting with a [Traditional Practitioner here](#)

For more information, contact Gail Stup at elderhelper@idhc.life or 289-241-9913.

[Visit us on Social Media](#) for event listings, videos, news and resources.

