

FEBRUARY 2021

Indigenous Diabetes Health Circle Programming

Virtual Workshops & Programs

Keep your Healthy Eating Resolutions

Tuesday, February 2, 2021, 10:00 a.m.

[Register here](#)

Yoga Instruction from Crystal Bomberry:

Gentle Yoga

- Session 1: Wednesday, February 3, 2021, 9:00 a.m. to 10:00 a.m.
- Session 2: Wednesday, February 10, 2021, 9:00 a.m. to 10:00 a.m.
- Session 3: Wednesday, February 17, 2021, 9:00 a.m. to 10:00 a.m.

[Register here](#)

Yoga Instruction from Crystal Bomberry:

Hatha Yoga

- Session 1: Wednesday, February 3, 2021, 10:30 a.m. to 11:30 a.m.
- Session 2: Wednesday, February 10, 2021, 10:30 a.m. to 11:30 a.m.
- Session 3: Wednesday, February 17, 2021, 10:30 a.m. to 11:30 a.m.

[Register here](#)

Virtual Workshops & Programs:

Diabetes Information Circle

Tuesday, February 9, 2021, 1:00 p.m. to 2:30 p.m.

[Register here](#)

Virtual Workshops & Programs:

Reflexology: Background & Demo

Thursday, February 11, 2021, 1:00 p.m.

[Register here](#)

Virtual Workshops & Programs: Virtual Cooking Kitchen with Laura

Thursday, February 11, 2021, 4:30 p.m. to 5:30 p.m.

[Register here](#)

Frontline Worker Training

GDM Awareness & Prevention – Pregnancy Toolkit Resources & Facilitation Tips, Part 6 of 6

Speaker: Crystal Bomberry

Tuesday, February 16, 2021, 1:00 p.m. to 2:30 p.m.

[Register here](#)

Foot Care Kits

The Foot Care Program offers resources for personal foot inspections and basic daily foot care. [Request a kit here](#)

Wellness Wednesday Cooking Instruction

Every Wednesday, IDHC posts a new recipe and cooking video created by chef Laura Lenson on the IDHC Facebook page. Try out the recipe and send your comments and photos to Kathleen LaForme at dwcsouth@idhc.life for a chance to win a \$25 gift card.

Wellness Wednesdays Traditional Practitioner Schedule

- Friday, February 5 **Audra Maloney**
- Wednesday, February 10 **Grandmother Renée Thomas-Hill**
- Friday, February 12 **Ed Sackaney**
- Wednesday, February 17 **Lisa Green**
- Friday, February 19 **Valerie King**
- Wednesday, February 24 **Lance Logan-Keye**
- Friday, February 26 **Grandmother Renée Thomas-Hill**

To book a time to speak with an Elder and/or Traditional Practitioner, [Register here](#)

Any questions or referrals contact Gail Stup by phone, text or email at elderhelper@idhc.life or 289-241-9913.

IDHC Webinar Series

Our Internal Dialogue:

How our Thoughts Shape Ourselves

Thursday, February 18, 2021, 1:00 p.m. to 2:00 p.m.

[Register here](#)

IDHC Social Media

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

