

JUNE 2021

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Men's Health & Wellness: How Much Do You Know?

June 17, 2021 Time: 1:00 p.m. — 2:00 p.m.
[Register Here](#)

Virtual Workshops & Programs

Gentle Yoga

June 2, 9, 16 2021 Time: 9:00 a.m. — 10:00 a.m.
[Register Here](#)

Hatha Yoga

June 2, 9, 16 2021 Time: 10:30 a.m. — 11:30 a.m.
[Register Here](#)

“30-Minute Energy Booster” Exercise Series

Mondays & Tuesdays in June
June 1, 7, 8, 14, 15, 21, 22, 28, 29, 2021
Time: 9:00 a.m. — 9:30 a.m.
[Register Here](#)

Diabetes Information Circle

June 8, 2021 Time: 1:00 p.m. — 2:30 p.m.
[Register Here](#)

Cultivating Your Personal Wellness Vision with a Daily Mindfulness Map: Presentation & Discussion

June 9, 2021 Time: 1:00 p.m. — 2:30 p.m.
[Register Here](#)

Virtual Cooking Kitchen with Laura

June 10, 2021 Time: 4:30 p.m. — 5:30 p.m.
[Register Here](#)

Herb Workshop

June 15, 2021 Time: 1:00 p.m. — 2:00 p.m.
[Register Here](#)

Inspirational Speaker Series: Tim McGregor

June 16, 2021 Time: 1:00 p.m. & 7:00 p.m.
[Register Here](#)

Family Wellness Scavenger Hunt

June 29, 2021 Time: 7:00 p.m. — 8:00 p.m.
[Register Here](#)

Frontline Worker Training

“Come Play with Me” Resource Re-Launch

June 24, 2021 Time: 1:00 p.m. — 2:00 p.m.

[Register Here](#)

Questions? Jessica Pace 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 a new recipe and cooking video from IDHC's chef Laura Lenson is posted on the IDHC Facebook page. Try the recipe and submit your comments and photos to Kathleen Laforme at dwcsouth@idhc.life for a chance to win a \$25 gift card!

Traditional Practitioner Schedule

Wednesday, June 2, 2021 — Audra Maloney

Wednesday, June 9, 2021 — Lisa Green

Wednesday, June 16, 2021 — Grandmother

Renée Thomas-Hill

Wednesday, June 23, 2021 — Gail Whitlow

Wednesday, June 30, 2021 — Dorothy Taylor

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 [IDHC on social media!](#) Event listings, videos, news & resources!

