

OCTOBER 2021

Indigenous Diabetes Health Circle Programming

IDHC Annual Event (Two-Day)

Day One: Thursday, October 14, 2021
at 9:30 a.m. — 2:00 p.m.)

Day Two: Friday, October 15, 2021
(9:30 a.m. — 2:00 p.m.)

[Register here](#)

IDHC Webinar Series

Storying Decolonized Indigenous Food Systems
Speaker: Kaitlyn Patterson

Thursday, October 21, 2021 at 1:00 — 2:00 p.m.

[Register here](#)

Workshops & Programs (Virtual)

Disability Tax Credit Info Session

Wednesday, October 6, 2021 at 1:00 — 2:00 p.m.

[Register here](#)

Gentle Yoga

October 6, 13, 20, 2021 at 9:00 a.m. — 10:00 a.m.

[Register here](#)

Hatha Yoga

October 6, 13, 20, 2021 at 10:30 a.m. — 11:30 a.m.

[Register here](#)

Diabetes Information Circle

Thursday, October 12, 2021 at 1:00 p.m. — 2:30 p.m.

[Register here](#)

Cooking Kitchen

Thursday, October 14, 2021 at 4:30 p.m. — 6:00 p.m.

[Register here](#)

Chair Bliss: Seated Mindful Movement & Yoga

October 18, 19, 21, 22, 25, 26, 28, 29

at 1:30 p.m. — 2:15 p.m.

[Register here](#)

Small Steps Make Big Changes, Part 2

Tuesday, October 19, 2021 at 11 a.m. — 12 p.m.

[Register here](#)

Inspirational Speaker Series: Why Manoomin (Wild Rice) is Sacred to Anishinaabe People Speaker:

Dorothy Taylor

Wednesday, October 20, 2021

at 1:00 p.m. and again at 7:00 p.m.

[Register here](#)

Traditional Nutrition and the Indigenous Body

Tuesday, October 26, 2021 at 1:00 — 2:00 p.m.

[Register here](#)

Holistic Wellness During Pregnancy with a Glance at Prenatal Yoga

Wednesday, October 27, 2021 at 1 p.m. — 2:30 p.m.

[Register here](#)

Frontline Worker Training

Gestational Diabetes Awareness & Prevention Training (Three-Day) (Virtual)

October 19, October 26, November 2, 2021 at 9 a.m. — 12:30 p.m. (Zoom), plus five hours of independent work.

[Register here](#)

Footcare Level 1 Training (Five-Day) (Virtual)

October 27, November 3, November 10, November 17, November 24 at 1:00 p.m. — 4:00 p.m. (Zoom), plus eight hours of independent work

[Register here](#)

Looking for training for your team, your community or you?

IDHC's Knowledge Department offers frontline worker diabetes wellness training through our 13 Grandmother Moons Diabetes Prevention, Foot Care Level 1, and Seven Generations Gestational Diabetes Prevention Training courses. IDHC can also customize trainings to fit the needs of your team. Questions? Contact Jessica at kcoordinator@idhc.life.

Footcare Program

The Footcare 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

New Series "The Spirit of Food"

In this series IDHC wellness staff recommend favourite food-preparation ideas and reviews. Find recipes and videos online that are tried, tested and true by one of the well-experienced IDHC Diabetes Wellness team.

Traditional Practitioner Schedule

Wednesday, October 6 — Dorothy Taylor

Wednesday, October 13 — Ed Sackaney

Wednesday, October 20 — Gail Whitlow

Wednesday, October 27 — Lance Logan-Keye

To book a time to speak with an Elder-Practitioner,

[register here](#)

Any questions or referrals contact Gail Stup at

elderhelper@idhc.life or 289-241-9913.

Visit us on social media for event listings, videos, news & resources! <https://www.facebook.com/IDHCHealth/>

