

SEPTEMBER 2021

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Traditional Medicines and Healing in Today's World

Speaker: Gail Whitlow

Thursday, September 16, 2021 from 1:00 p.m.-2:00 p.m.

[Register here.](#)

Virtual Workshops & Programs

Gentle Yoga

September 1, 8 and 15, 2021 at 9:00 a.m.-10:00 a.m.

[Register here.](#)

Hatha Yoga

September 1, 8, and 15, 2021 at 10:30 a.m.-11:30 a.m.

[Register here.](#)

Healthy Lunches

Thursday, September 9, 2021

[Register here.](#)

Energy Booster Exercise Series

September 13, 20, and 27 at 9:00 a.m.-9:30 a.m.

September 2, 9, 16, 23 and 30 at 9:00 a.m.-10:00 a.m.

[Register here.](#)

Mindful Movement Matters: Find Balance, Not Perfection

Wednesday, September 22, 2021 at 1:00 p.m.-2:30 p.m.

[Register here.](#)

Health & Wellness in Children

Tuesday, September 28, 2021 at 1:00 p.m.-2:00 p.m.

[Register here.](#)

Diabetes Information Circle

Tuesday, September 14, 2021 at 1:00 p.m.-2:30 p.m.

[Register here.](#)

Inspirational Speaker Series – Phyllis George, Kettle & Stoney Point First Nation

Wednesday, September 15, 2021 at 1:00 p.m. and again at 7:00 p.m.

[Register here.](#)

Frontline Worker Training

Pencil it into your calendar: **Training "Gestational Diabetes Awareness & Prevention" is planned for October 2021.**

[Pre-register here.](#)

Pencil it into your calendar: **Training "Foot Care Level 1" is planned for November 2021**

[Pre-register here.](#)

Looking for training for your team? IDHC's Knowledge Department offers front line worker training related to Indigenous diabetes wellness; select from these trainings:

- 13 Grandmother Moons Diabetes Prevention
- Foot Care Level 1
- Seven Generations Gestational Diabetes Prevention Training

IDHC can also customize trainings to fit the needs of your team. Questions? Contact Jessica 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 [request kits here.](#)

Wellness Wednesdays

Every Wednesday, IDHC posts a new recipe and/or a cooking video on social media. 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!

Traditional Practitioner Wednesday Schedule

- September 1 Audra Maloney
- September 8 Lisa Green
- September 15 Dorothy Taylor
- September 22 Valarie King
- September 29 Grandmother Renée Thomas-Hill

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 at <https://www.facebook.com/IDHCHealth/> for event listings, videos, news and resources!

