

# JULY 2021

## Indigenous Diabetes Health Circle Programming

### IDHC Webinar Series

#### Commercial Tobacco Use & Diabetes

July 15 Time: 1:00 p.m.—2:00 p.m.

[Register Here](#)

### Virtual Workshops & Programs

#### 30-Minute Energy Booster Exercise Series

July Mondays 5, 12 & 19 Time: 9:00 a.m.—9:30 a.m.

July Fridays 9, 16 & 23 Time: 9:00 a.m.—10:00 a.m.

[Register Here](#)

#### Gentle Yoga

July 7, 14, 21 Time: 9:00 a.m.—10:00 a.m.

[Register Here](#)

#### Hatha Yoga

July 7, 14, 21 Time: 10:30 a.m.—11:30 a.m.

[Register Here](#)

#### Virtual Cooking Kitchen with Laura

July 8 Time: 4:30 p.m.—5:30 p.m.

[Register Here](#)

#### Diabetes Information Circle

July 13 Time: 1:00 p.m.—2:30 p.m.

[Register Here](#)

#### Inspirational Speaker Series: Neil Monague

July 21 Time: 1:00 p.m. & 7:00 p.m.

[Register Here](#)

#### Make it Sacred Wellness Journal:

#### Healthy Living Resource & 30 Day Wellness Log

July 22 Time: 1:00 p.m.—2:30 p.m.

[Register Here](#)

#### Self-Care with Reflexology

July 27 Time: 1:00 p.m.—2:30 p.m.

[Register Here](#)

### Frontline Worker Training

#### Empowering Young Caregivers:

#### Helping Family Members with Diabetes

July 20 Time: 1:00 p.m.—2:00 p.m.

[Register Here](#)

Looking for training for your team?

IDHC's Knowledge Department offers diabetes wellness frontline worker training through the 13 Grandmother Moons Diabetes Prevention, Foot Care Level 1, and Seven Generations Gestational Diabetes Prevention Training series. We can also customize trainings to fit your needs. Questions? Contact Jessica at [kcoordinator@idhc.life](mailto: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 goes live on our Facebook Page. Try out the recipe and send us your comments and pictures to Kathleen Laforme at [dwcsouth@idhc.life](mailto:dwcsouth@idhc.life) for a chance to win a \$25 gift card!

#### Wednesdays: Traditional Practitioner Schedule

July 7—Audra Maloney

July 14—Lisa Green

July 21—Grandmother Renée Thomas-Hill

July 28—Gail Whitlow

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

[Register Here](#)

Any questions or referrals contact Gail Stup by phone, text or email at [elderhelper@idhc.life](mailto:elderhelper@idhc.life) or call 289-241-9913.

Visit IDHC on social media! Event listings, videos, news & resources!

