

NOVEMBER 2021

Indigenous Diabetes Health Circle Programming

IDHC Webinars

Mindful Movement Matters: Cultivate Good Health and Vitality By Exercising With Intention

[Speaker: Crystal Bomberry]

Thursday, November 18, 2021 at 1:00 pm.—2:00 p.m.

[Register Here](#)

Virtual Workshops & Programs

Winter Wellness: Maximizing Vitality in a Cold Climate

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

[Register Here](#)

Stress and Diabetes

Thursday, November 4, 2021 at 1:00 p.m.—2:00 p.m.

[Register Here](#)

Gentle Yoga

[Wednesdays] November 3, 10, 17, 2021 at 9:00 a.m.—10:00 a.m.

[Register Here](#)

Hatha Yoga

[Wednesdays] Nov 3, 10, 17, 2021 at 10:30 a.m.—11:30 a.m.

[Register Here](#)

Diabetes Sharing Circle

Tuesday, November 9, 2021 at 1:00 p.m.—2:30 p.m.

[Register Here](#)

Cooking Kitchen

Thursday, November 11, 2021 at 4:30 p.m.—6:00 p.m.

[Register Here](#)

Agadonhe' (I Am Full of Life) Wellness Program

[Mondays and Tuesdays] November 22, 23, 29, 30 & Dec 6, 7 at 10:00 a.m.—12:00 p.m.

[Registration Link](#)

This group setting is comprised of those wishing to cultivate self-care and wellness behaviours over time. Registrants should attend all 6 sessions.

Diabetes Tips & Tricks

Thursday, November 25, 2021 at 1:00 p.m.—2:30 p.m.

[Register Here](#)

Journey Through Our Chakras: Diving Into Our Energetic Bodies To Promote Healing

Thursday, November 25, 2021 at 1:00 p.m.—2:30 p.m.

[Register Here](#)

Inspirational Speaker Series

[Speaker: Bob Fenton]

Wednesday, November 24, 2021 at 1:00 p.m. & 7:00 p.m.

[Register Here](#)

Frontline Worker Training

Virtual Workshop: Level 1 Diabetes Foot Care Refresher Session

Tuesday, November 9, 2021 at 1:00 p.m.—2:30 p.m.

[Register Here](#)

Do you seek training for your team? IDHC's offers frontline worker diabetes-wellness-related courses, such as 13 Grandmother Moons Diabetes Prevention, Foot Care Level 1, and Seven Generations Gestational Diabetes Prevention Training series.

IDHC also customizes trainings to fit your needs.

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 may request kits [here](#).

Foot Care Clinic Locations

Fort Erie Native Friendship Centre, Life Long Care Program

796 Buffalo Road, Fort Erie, on Wednesday, November 10, 2021 [by appointment only]

Host Contact: Geraldina Jamieson and Karen Hilston

Tel: 905-871-8931 ext. 230

Email(s): llc1@fenfc.org or llc2@fenfc.org

Wellness Wednesdays

Every Wednesday look for a new "Spirit of Food" recipe on IDHC social media.

Traditional Practitioner Schedule

Wednesday, November 3 — Audra Maloney

Wednesday, November 10 — Ed Sackaney

Wednesday, November 17 — Lisa Green

Wednesday, November 24 — Lance Logan-Keye

[Register Here](#)

Contact Gail Stup at elderhelper@idhc.life or call 289-241-9913

Visit IDHC on [Social Media!](#)

