

JANUARY 2022

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Let's Prevent Sight Loss: Diabetic Retinopathy Screening Initiative

Thursday, January 20, 2022 at 1:00 p.m. to 2:00 p.m.
[Register here](#)

Making Your Wishes Known

Tuesday, January 25, 2022 at 1:00 p.m. to 2:00 p.m.
[Register here](#)

Virtual Workshops & Programs

Gentle Yoga

Wednesday(s) January 5, 12, 19, 2022 at 9:00 a.m. to 10:00 a.m.
[Register here](#)

Hatha Yoga

Wednesday(s) January 5, 12, 19, 2022 at 10:30 a.m. to 11:30 a.m.
[Register here](#)

Diabetes Sharing Circle

Tuesday, January 11, 2022 at 6:30 p.m. to 8:00 p.m.
[Register here](#)

Cooking Kitchen

Thursday, January 13, 2022 at 4:30 p.m. to 6:00 p.m.
[Register here](#)

Family Wellness Game Night – Program Demo

Tuesday, January 18, 2022 at 1:00 p.m. to 2:00 p.m.
[Register here](#)

Mindfully Breathing Now and Beyond

Thursday, January 27, 2022 at 1:00 p.m. to 2:00 p.m.
[Registration Link](#)

Frontline Worker Training

Looking for training for your team? IDHC's Knowledge Department offers frontline worker training related to diabetes wellness. Courses include:

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

IDHC also customizes 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 may [request kits here](#)

Ongoing Foot Care Clinic Locations

Ongoing Foot Clinics are by appointment only for pre-approved registered clients. For more information, please contact your local Ongoing Clinic Host.

Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Dates: January 13, 14, 20, 21

Host Contact: Tiana Cress

Tel: 905-548-9593

Email: lifelongcareb@hric.ca

Traditional Practitioner Schedule

Wednesday, January 12 – Audra Maloney

Thursday, January 13 – Valarie King

Wednesday, January 19 – Lisa Green

Friday, January 21 – TBD

Wednesday, January 26 –

Grandmother Renée Thomas-Hill

Friday, January 28 – Dorothy Taylor

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 or call 289-241-9913

<https://www.facebook.com/IDHCHealth/>

