

DECEMBER 2022

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

7 Grandfather Teachings & Caring for Your Feet

Thursday, December 15, 2022 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Revitalizing During the Winter Months with Mindful Land-Based Movement

Tuesday, December 6, 2022 at 11:00 a.m. – 12:00 p.m.

[Register here](#)

Preparing Ourselves for Good Health Over the Winter

Thursday, December 8, 2022 at 1:30 p.m. – 2:30 p.m.

[Register here](#)

Diabetes Sharing Circle – with Mona Joudry

Tuesday, December 13, 2022 at 1:00 p.m. – 2:30 p.m.

[Register here](#)

Winter Solstice 4-Part Wellness Series

Tuesday, December 13, Wednesday, December 14, Thursday, December 15 and Friday, December 16 at 10:00 a.m. – 11:30 a.m.

[Register here](#)

Virtual Cooking Kitchen

Thursday, December 8, 2022 at 4:30 p.m. – 5:30 p.m.

[Register here](#)

Inspirational Speaker Series with

Lance Logan-Keye

Thursday, December 15, 2022 at 7:00 p.m. – 8:30 p.m.

[Register here](#)

Frontline Health Worker Training

Looking for training for your team?

Virtual Foot Care Level 1 Training

Tuesday afternoons, January 17, 2023 to February 28, 2023 at 1:00 p.m. – 4:00 pm.

[Register here](#)

IDHC's Knowledge Department offers frontline worker training related to diabetes wellness through our

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

We also customize trainings to fit the needs of your team.

Questions? Contact Jessica at

knowledge@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](#).

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:

- December 9, 2022
- December 16, 2022

Contact: Tiana Cress Email: lifelongcareb@hric.ca

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Dates:

- December 2, 2022

Host Contact: Gail Whitlow or Kateri Sandy

Tel: 519-445-0777 Email: ancestralvoices21@gmail.com

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates:

- December 7, 2022
- December 14, 2022

Contact: Sylvia Hache Email: shache@alderville.ca

Contact: Ellie Henry Email: ehenry@alderville.ca

Tel: 905-352-2140, ext. 204 or 236

Traditional Practitioner Schedule

- Thursday, December 1, 2022 – Grandmother Renée Thomas-Hill
- Wednesday, December 14, 2022 – Audra Malone
- Friday, December 16, 2022 – Lance Logan-Keye
- Tuesday, December 20, 2022 – Gail Whitlow
- Wednesday, December 21, 2022 - Lisa Green

To book a time to speak with an Elder-Practitioner, [Register here](#)

