

FEBRUARY 2023

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Teachings on Love ***TBD

Thursday, February 16, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine: Exercise Series with Crystal Bomberry

Mondays, February 6, 13, 20 and 27 2023 at 9:30 a.m. – 10:15 a.m.

Thursdays, February 2, 9, 16, and 23, 2023 at 9:30 a.m. – 10:15 a.m.

[Register here](#)

Movement Medicine with Chair: Exercise Series with Crystal Bomberry

Wednesdays, February 1, 8, 15, and 22, 2023 at 9:30 a.m. – 10:00 a.m.

[Register here](#)

Diabetes Sharing Circle with Mona Joudry

Tuesday, February 14, 2023 at 1:00 p.m. – 2:30 p.m.

[Register here](#)

Virtual Cooking Kitchen

Thursday, February 9, 2023 at 4:30 p.m. – 5:30 p.m.

[Register here](#)

Circulation, Health and Wellness for your Feet

Wednesday, February 15, 2023 at 1:00 p.m. – 3:30 p.m.

[Register here](#)

Diabetes Medicine Wheel Teachings with Kathleen LaForme

Tuesday, February 21, 2023 at 10:30 a.m. – 12:00 p.m.

[Register here](#)

Foot Care In the Garden: Growing our Seeds while Practicing Self-Care

Thursday, February 23 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Winter Speaker Series with Lance Logan-Keye: Emotional Intelligence

Thursday, February 23, 2023 at 7:00 p.m. – 8:30 p.m.

[Register here](#)

Frontline Health Worker Training

Looking for training for your team? IDHC's Knowledge Department offers front line 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

Ongoing Foot Care Clinic Locations

Ongoing Foot Clinics are by appointment only for pre-approved registered clients.

For more information, contact your local ongoing clinic host.

Fort Erie Native Friendship Centre, Life Long Care Program, Foot Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Date: **February 22, 2023**

Contact: Geralda Jamieson or Karen Hilston at

905-871-8931, ext. 230 or llc1@fenfc.org or llc2@fenfc.org

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date: **Friday, February 24, 2023**

Host Contact: Gail Whitlow or Kateri Sandy at 519-445-0777 or ancestralvoices21@gmail.com

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates: **Wednesday, February 8, 2023**

Wednesday, February 22, 2023

Contact: Sylvia Hache at shache@alderville.ca

Contact: Ellie Henry at ehenry@alderville.ca or 905-352-2140, ext. 204 or 236

Foot Care Resources

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](#).

Traditional Practitioner Schedule

Wednesday, February 1, 2023 – Gail Whitlow

Friday, February 3, 2023 – Valarie King

Wednesday, February 8, 2023 – Audra Maloney

Friday, February 10, 2023 – Lance Logan-Keye

Wednesday, February 15, 2023 – Grandmother Renée Thomas-Hill

Friday, February 17, 2023 – Dorothy Taylor

Wednesday, February 22, 2023 – Lisa Green

Friday, February 24, 2023 – TBD

To register to speak with an Elder-Practitioner, [register here](#) or contact Gail Stup at elderhelper@idhc.life or call 289-241-9913.

