

MARCH 2023

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Traditional Footwear Teachings and Benefits

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

[Register here](#)

Virtual Workshops & Programs

Diabetes Sharing Circle

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

[Register here](#)

Virtual Cooking Kitchen

Thursday, March 9, 2023 at 4:30 p.m. – 5:30 p.m. Register here: <https://soadi.wufoo.com/forms/virtual-cooking-kitchen-spirit-of-food-series/>

March is Nutrition Month

Wednesday, March 15, 2023 at 11:00 a.m. – 12:00 p.m.

[Register here](#)

Inspirational Speaker series with Lance Logan-Keye: Healthy and Effective Communication

Thursday, March 9, 2023 at 7:00 p.m. – 8:30 p.m.

[Register here](#)

Spring Storytime with Dianne Tomlinson

Monday, March 13, 2023 at 11:00 a.m. – 12:00 p.m.

[Register here](#)

Men's Teachings with Neil Monague

Wednesday, March 22, 2023 at 6:30 p.m. to 7:30 p.m.

[Register here](#)

Frontline Health Worker Training

NEW Launch of four IDHC Privacy Courses

Thursday, March 23, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

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

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: Friday, March 17, 2023 •

Friday, March 24, 2023 • Friday, March 31, 2023

Contact: Tiana Cress Email: lifelongcareb@hric.ca

Tel: 905-548-9593

Nogojwanong Friendship Centre

580 Cameron Street, Peterborough

Upcoming Clinic Dates: Wednesday, March 1, 2023

Contact: Amber Rose Email: wellness@nogofc.ca

Contact: Ashley Safar Email: manager@nogofc.ca

Tel: 705-775-0387 ext. 224

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates: Wednesday, March 8, 2023 •

Wednesday, March 22, 2023

Contact: Sylvia Hache Email: shache@alderville.ca

Contact: Ellie Henry Email: ehenry@alderville.ca

Tel: 905-352 – 2140, ext. 204 or 236

Niagara Regional Native Centre

382 Airport Rd, Niagara-on-the-Lake

Upcoming clinic dates: Thursday, March 9, 2023

Contact: Wendy Jones Email: how@nrnc.ca

Tel: 905-688-6484

Traditional Practitioner Schedule

Wednesday, March 1, 2023 – Gail Whitlow

Wednesday, March 8, 2023 – Audra Maloney

Friday, March 10, 2023 – TBD

Wednesday, March 15, 2023 – Lisa Green

Thursday, March 16, 2023 – Dr. Karen Hill

Friday, March 17, 2023 – Lance Logan-Keye

Wednesday, March 22, 2023 – Renée Thomas-Hill

Friday, March 24, 2023 – Dorothy Taylor

Wednesday March 29, 2023 – Gail Whitlow

Friday, March 31, 2023 – Valarie King

Visit IDHC Facebook for up-to-dated schedule.

To book time with Elder-Practitioner, [register here](#). Contact Gail Stup at elderhelper@idhc.life or 289-241-9913.

