

MAY 2023 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Footwear Facts with an Expert: Learn from a Pedorthist

Thursday, May 18, 2023 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine Exercise Series

Mondays, May 8, 15, and 22, 2023 at 9:30 a.m.—10:15 a.m.

Wednesday, May 24, 2023 at 9:30—10:15 a.m.

Thursdays, May 11, and 18 2023 at 9:30 a.m.—10:15 a.m.

[Register here](#)

Mindful Movement Matters Presentation: Cultivating Good Health and Vitality by Exercising with Intention

Tuesday, May 9, 2023 at 1:00 p.m.—2:00p.m.

[Register here](#)

Movement Medicine Seated in a Chair with Crystal Bomberry

Wednesdays, May 10, and 17, 2023 at 10:30 a.m—11:00 a.m.

Fridays, May 12, and 19, 2023 at 10:30—11:00 a.m. Tuesday,

May 23, 2023 at 10:30—11:00 a.m.

Thursday, May 25, 2023 at 10:30—11:00 a.m.

[Register here](#)

Frontline Health Worker Training

The Impact of Trauma on Diabetes

Training session for frontline health workers

Wednesday, May 31, 2023 at 1:00 p.m.—2:30 p.m.

[Register here](#)

Toe FX: The Advanced Nail Fungal Fix

Foot Care Provider Education session

Friday, May 5, 2023 at 12:00 p.m.—1: 00 p.m.

[Register here](#)

Looking for training for your team?

IDHC's Knowledge department offers frontline worker training related to diabetes wellness through the:

- 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: May 5, 2023 • May 12, 2023

Contact: Tiana Cress

Tel: 905-548-9593 Email: lifelongcareb@hric.ca

Fort Erie Native Friendship Centre, Life Long Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates: May 17, 2023

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

Email: llc1@fenfc.org, llc2@fenfc.org

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date: May 26, 2023

Host Contact: Gail Whitlow or Kateri Sandy

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

Nogojwanong Friendship Centre

580 Cameron Street, Peterborough

Upcoming Clinic Date: May 31, 2023

Contact: Amber Rose Email: wellness@nogofc.ca

Contact: Ashley Safar

Tel: 705-775-0387 ext. 224 Email: manager@nogofc.ca

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates: May 10, 2023 • May 24, 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 date: May 25, 2023

Contact: Wendy Jones Email: how@nrnc.ca

Tel: 905-688-6484

Traditional Practitioner Schedule

Wednesday, May 3, 2023 — Audra Maloney

Wednesday, May 10, 2023 — Lisa Green

Wednesday, May 17, 2023 — Renée Thomas – Hill

Thursday, May 18, 2023 — Dr. Karen Hill

Wednesday, May 31, 2023 — Audra Maloney

See IDHC Facebook page for up-to-date Traditional Wellness Days Schedule.

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

Contact Kathleen LaForme at elderhelper@idhc.life or call 905-388-6010.

