

JUNE 2023 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Two-Spirit Health and Wellness with Jessy Dame

Thursday, June 15, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine Exercise Series with Crystal Bomberry

Time: 9:30 a.m. – 10:15 a.m.

Tuesdays: June 6, 20, and 27

Wednesday, June 14

Thursdays: June 15, 22 and 29

[Register here](#)

Movement Medicine Seated in a Chair with Crystal Bomberry

Time: 10:30 – 11:00 a.m.

Tuesdays: June 6, 20, and 27

Wednesday, June 14

Thursdays: June 15, 22, and 29

[Register here](#)

Daily Mindfulness Practices for Holistic Wellness with Crystal Bomberry

Tuesday, June 27, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Frontline Health Worker Training

Looking for training for your team?

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:

- Friday, June 9, 2023
- Friday, June 16, 2023
- Friday, June 23, 2023

Contact: **Tiana Cress**

Email: lifelongcareb@hric.ca

Tel: 905-548-9593

FENFC footcare programs

Fort Erie Native Friendship Centre, Lifelong Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

- Wednesday, June 28, 2023

Contact: **Geralda Jamieson** or **Karen Hilston**

Tel: 905-871-8931 x230 Email: llc1@fenfc.org, llc2@fenfc.org

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates:

- Wednesday, June 14, 2023
- Wednesday, June 28, 2023

Contact: **Sylvia Hache**

Email: shache@alderville.ca

Contact: **Ellie Henry**

Email: ehenry@alderville.ca

Tel: 905-352 – 2140, x 204 or 236

Niagara Regional Native Centre

382 Airport Rd, Niagara-on-the-Lake

Upcoming clinic dates:

- Thursday, June 8, 2023

Contact: **Wendy Jones**

Email: how@nrnc.ca

Tel: 905 – 688-6484

Traditional Practitioner Schedule

Wednesday, June 7, 2023 – Lisa Green

Wednesday, June 14, 2023 – Renée Thomas – Hill

Thursday, June 22, 2023 – Dr. Karen Hill

Wednesday June 28, 2023 – Gail Whitlow

Visit the IDHC Facebook page for the most up-to-date Traditional Wellness Days Schedule.

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

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

