

JULY 2023 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Webinar: Reclaiming Natural Wellness

Thursday, July 13, 2023 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine Exercise Series

Monday, July 10, 2023 at 9:30 a.m.—10:15 a.m.

Tuesdays, July 4, 18, and 25, 2023 at 9:30 a.m.—10:15 a.m.

Wednesday, July 19, 2023 at 9:30—10:15 a.m.

Thursdays, July 6 and 13, 2023 at 9:30 a.m.—10:15 a.m.

[Register here](#)

Movement Medicine Seated in a Chair

Monday, July 10, 2023 at 10:30—11:00 a.m.

Tuesdays, July 4, 18, and 25, 2023 at 10:30—11:00 a.m.

Wednesday, July 19, 2023 at 10:30—11:00 a.m.

Thursdays, July 6 and 13, 2023 at 10:30—11:00 a.m.

[Register here](#)

Setting Intentions & Action Steps for Wellness

Wednesday, July 19, 2023 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Making it Sacred: Healthy Mindful Eating

Tuesday, July 25, 2023 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Virtual Story Session

Tuesday, July 18, 2023 at 1 p.m.—2 p.m.

[Register here](#)

Frontline Health Worker Training

13 Grandmother Moons Diabetes Wellness Training

Thursday, July 20 and Friday, July 21, 2023 at 9:00 a.m.—4:00 p.m.

[Register here](#)

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, July 21, 2023 Friday, July 28, 2023

Contact: Tiana Cress

Tel: 905-548-9593

Email: lifelongcareb@hric.ca

Fort Erie Native Friendship Centre (FENFC),

Lifelong Care Program, Foot Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Date:

Wednesday, July 12, 2023

Contact: Geralda Jamieson or Karen Hilston

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

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date:

Friday, July 7, 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:

Wednesday, July 19, 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:

Wednesday, July 12, 2023

Wednesday, July 26, 2023

Contact: Sylvia Hache

Email: shache@alderville.ca

Contact: Ellie Henry

Email: ehenry@alderville.ca

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

Traditional Practitioner Schedule

Wednesday, July 5, 2023—Audra Maloney

Wednesday, July 12, 2023—Lisa Green

Thursday, July 13, 2023—Dr. Karen Hill

Thursday, July 20, 2023—Renée Thomas—Hill

Wednesday July 26, 2023—Gail Whitlow

Visit 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 elderhelper@idhc.life or call 905-388-6010.

