

# AUGUST 2023 Indigenous Diabetes Health Circle Programming

## IDHC Webinar Series

### Build your Foot Care Kit

Thursday, August 17, 2023 at 1:00 p.m. — 2:00 p.m.

[Register here](#)

## Virtual Workshops & Programs

### Culture and Diabetes — with Dr. Karen Hill and Renée Thomas-Hill

Thursday, August 10 at 1:00 p.m. — 2:30 p.m.

[Register here](#)

### Measuring up to our Footwear featuring Kris Daji: Why we measure, and the benefits of a Brannock device (For foot care providers)

Friday, August 11, 2023 at 1:00 p.m. — 2:00 p.m.

[Register here](#)

### Virtual Story Session with Dianne Tomlinson (for the Kids)

Wednesday, August 16, 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:

- 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](mailto: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.

### Fort Erie Native Friendship Centre (FENFC) Lifelong Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

Wednesday, August 9, 2023

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

Email: [llc1@fenfc.org](mailto:llc1@fenfc.org) or [llc2@fenfc.org](mailto:llc2@fenfc.org)

### Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date:

Friday, August 18, 2023

Host Contact: Gail Whitlow or Kateri Sandy

Tel: 519 – 445-0777

Email: [ancestralvoices21@gmail.com](mailto:ancestralvoices21@gmail.com)

## Traditional Practitioner Schedule

Wednesday, August 2, 2023 — Audra Maloney

Wednesday, August 9, 2023 — Lisa Green

Wednesday, August 16, 2023 — Renée Thomas-Hill

Wednesday August 23, 2023 — Gail Whitlow

Wednesday August 30, 2023 — Audra Maloney

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

To book a time to speak with Elder-Practitioner, set up time with Kathleen LaForme at [twCoordinator@idhc.life](mailto:twCoordinator@idhc.life) or 905-388-6010.

[Register here](#) to speak with Elder-Practitioner

