

SEPTEMBER 2023

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Diabetes: Know Your Numbers

Thursday, September 21 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

IDHC Privacy Course Launch

Thursday, September 7 at 1:00 p.m. – 1:30 p.m.

[Register here](#)

Foot Care in Fall and Walking Wellness with Diana Oliver

Friday, September 8 at 1:00 p.m. – 2:30 p.m.

[Register here](#)

In-Person Community Event

Unity Walk for Truth and Reconciliation

Saturday, September 9 at 10:00 – 2:00 p.m.

Location: 2021 Canada Games Way, Thorold, Ontario L2V 4Y6

[Register here](#)

Frontline Health Worker Training

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, September 1, 2023
- Friday, September 8, 2023
- Friday, September 15, 2023

Contact: Leanne Beaver

Tel: 905-548-9593

Email: lifelongcareb@hric.ca

Fort Erie Native Friendship Centre (FENFC) Footcare Program - Lifelong Care Program

796 Buffalo Road, Fort Erie

Upcoming Clinic Date:

- Wednesday, September 20, 2023

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date:

- Friday, September 29, 2023

Host Contact: Gail Whitlow or Kateri Sandy

Tel: 519-445-0777

Email: ancestralvoices21@gmail.com

Traditional Practitioner Schedule

Wednesday, September 6 – Lisa Green

Thursday, September 28 – Gail Whitlow

Visit the IDHC Facebook page up-to-date

Traditional Wellness schedule.

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

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

