

OCTOBER 2023

Indigenous Diabetes Health Circle Programming

IDHC 2023 Annual Conference

Our Journey of Indigenous Healing and Wellness

Thursday, October 26, 2023 at 9:00 a.m. — 4:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine Exercise Series

Mondays, October 23 and 30, 2023 at 9:30 a.m. — 10:15 a.m.

Tuesday, October 31 9:30 a.m. — 10:15 a.m.

Wednesday, October 25 9:30 a.m. — 10:15 a.m.

Thursday, October 12 9:30 a.m. — 10:15 a.m.

Fridays, October 13 and October 27 9:30 a.m. — 10:15 a.m.

[Register here](#)

Movement Medicine Seated in a Chair

Mondays, October 23 and 30 10:30 a.m. — 11:00 a.m.

Tuesday, October 31 10:30 a.m. — 11:00 a.m.

Wednesday, October 25 10:30 a.m. — 11:00 a.m.

Thursday, October 12 10:30 a.m. — 11:00 a.m.

Fridays, October 13 and October 27 10:30 a.m. — 11:00 a.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 Location

Ongoing Foot Clinic is by appointment only for pre-approved registered clients.

For more information, contact local ongoing clinic host.

Hamilton Regional Indian Centre

34 Ottawa Street North, Hamilton, ON

Upcoming Clinic Dates:

- Friday, October 13
- Friday, October 20
- Friday, October 27

Contact: Leanne Beaver

Tel: 905-548-9593

Email: lifelongcareb@hric.ca

Traditional Practitioner Schedule

Wednesday, October 4, 2023—Audra Maloney

Wednesday, October 11, 2023—Lisa Green

Wednesday, October 18, 2023—Gail Whitlow

Wednesday, October 25, 2023—Renée Thomas—Hill

Visit IDHC Facebook page for the live Traditional Wellness Days 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.

