

# NOVEMBER 2023

## Indigenous Diabetes Health Circle Programming

### Virtual Workshops & Programs

#### Movement Medicine Exercise Series

Mondays, November 6, 20, and 27, 2023,  
at 9:30 a.m. — 10:15 a.m.

Wednesdays, November 8, 15, 22, and 29, 2023,  
at 9:30 a.m. — 10:15 a.m.

Friday, November 17, 2023, at 9:30 a.m. — 10:15 a.m.

[Register here](#)

#### Movement Medicine Seated in a Chair

Mondays, November 6, 20, and 27, 2023,  
at 10:30 a.m. — 11:00 a.m.

Wednesdays, November 8, 15, 22, and 29, 2023,  
at 10:30 a.m. — 11:00 a.m.

Friday, November 17, 2023, at 10:30 a.m. — 11:00 a.m.

[Register here](#)

#### Reconnecting with Self Through Relaxation

Tuesday, November 14 at 1:00 p.m.—2:00 p.m.

[Register here](#)

#### Daily Mindfulness Practices for Holistic Wellness

Tuesday, November 21 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 your team. Questions?

Contact Jessica at [knowledge@idhc.life](mailto:knowledge@idhc.life).

### Foot Care Program

#### 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 L8H 3Y7

Clinic Date: Friday, November 24

Contact: Leanne Beaver

Tel: 905-548-9593

Email: [lifelongcareb@hric.ca](mailto:lifelongcareb@hric.ca)

#### Fort Erie Native Friendship Centre

Lifelong Care Program, Footcare

796 Buffalo Rd, Fort Erie L2A 5E1

Clinic Date: Wednesday, November 1

Contact: Geraldina Jamieson or Karen Hilston

Tel: 905-871-8931 x230

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

#### Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Clinic Date: Friday, November 10

Host Contact: Gail Whitlow or Kateri Sandy

Tel: 519 – 445 – 0777

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

### Traditional Practitioner Schedule

Wednesday, November 1, 2023—Audra Maloney

Wednesday, November 8, 2023—Renée Thomas-Hill

Wednesday, November 15, 2023—Lisa Green

Wednesday, November 22, 2023—Gail Whitlow

Wednesday, November 29, 2023—Audra Maloney

Visit IDHC Facebook page for Traditional Wellness Days schedule and more!

To book a time to speak with an Elder-Practitioner,

[register here](#).

Contact Kathleen LaForme at [twCoordinator@idhc.life](mailto:twCoordinator@idhc.life) call 905-388-6010.

