

# DECEMBER 2023

## Indigenous Diabetes Health Circle Programming

### IDHC Webinar Series

#### Type 1 Diabetes

Thursday, December 7 at 1:00 p.m.—2:00 p.m.

[Register here](#)

#### Navigating the Holidays: Living Well with Diabetes

Thursday, December 14 at 1:00 p.m.—2:00 p.m. [Register here](#)

### Virtual Workshops & Programs

#### Movement Medicine Exercise Series

Wednesdays: December 6, 13, and 20 at 9:30 a.m.—10:15 a.m. Fridays: December 8, 15, and 22 at 9:30 a.m.—10:15 a.m. [Register here](#)

#### Movement Medicine Seated in a Chair

Wednesdays: December 6, 13, and 20 at 10:30 a.m.—11:00 a.m. Fridays: December 8, 15, and 22 at 10:30 a.m.—11:00 a.m. [Register here](#)

#### The Sweet Trickster: Sugar Awareness and Reducing Consumption

Wednesday, December 13 at 1:00 p.m.—2:00 p.m.

[Register here](#)

#### Setting New Year Intentions for Balance and Contentment

Wednesday, December 20 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

- 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.

#### Ongoing Foot Care Clinic Locations

Ongoing Foot Clinics are by appointment only for pre-approved registered clients.

Contact your local ongoing clinic host.

#### Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Dates:

- Friday, December 1
- Friday, December 15

Contact: Leanne Beaver

Tel: 905-548-9593

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

#### Fort Erie Native Friendship Centre (FENFC)

796 Buffalo Rd, Fort Erie

Upcoming Clinic Date:

- Wednesday, December 13

Contact: Geraldina 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)

### Traditional Practitioner Schedule

Wednesday, December 6—Renée Thomas—Hill

Wednesday, December 13—Lisa Green

Wednesday, December 20—Gail Whitlow

Visit the IDHC Facebook page for Traditional Wellness Days Schedule.

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

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

