

JANUARY 2024 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Wound Care Prevention

Thursday, January 18 at 1 p.m.—2 p.m.

[Register here](#)

Virtual Workshops & Programs

Movement Medicine Exercise Series

Mondays: January 15 and 29 at 9:30 a.m.—10:15 a.m.

Wednesdays: January 10, 24, and 31 at 9:30 a.m.—10:15 a.m.

Fridays: January 12, 19, and 26 at 9:30 a.m.—10:15 a.m.

[Register here](#)

Movement Medicine Seated in a Chair

Mondays: January 15 and 29 at 10:30 a.m.—11:00 a.m.

Wednesdays: January 10, 24, and 31, at 10:30 a.m.—11:00 a.m.

Fridays: January 12, 19, and 26 at 10:30 a.m.—11:00 a.m.

[Register here](#)

Revitalizing During the Winter Months

Monday, January 15 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Frontline Health Worker Training

13 Grandmother Moons Diabetes Wellness Training

Tuesday, January 16 and Wednesday, January 17 at 9:00 a.m.—4:00 p.m.

[Register here](#)

Looking for training for your team?

IDHC's Knowledge Department offers 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, contact your local ongoing clinic host.

Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Dates:

- Friday, January 5
- Friday, January 19

Contact: Leanne Beaver

Tel: 905-548-9593 Email: lifelongcareb@hric.ca

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

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

- Wednesday, January 10
- Wednesday, January 24
- Wednesday, January 31

Contact: Geraldina Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

Wednesday, January 17—Renée Thomas-Hill

Thursday, January 18—Audra Maloney

Friday, January 19—Valarie King

Thursday, January 25—Lisa Green

Friday, January 26—Lance Logan-Keye

Wednesday, January 31—Gail Whitlow

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

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

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

