

FEBRUARY 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Webinar: Sick Day Management

- Thursday, February 15 at 1 p.m.—2 p.m.

Register [here](#).

Virtual Workshops & Programs

Winter Speaker Series with Lance Logan-Keye Part One: Self-Esteem

- Thursday, February 8 at 6:00 p.m.—7:30 p.m.

Register [here](#).

Movement Medicine Exercise Series [9:30 a.m.—10:15 a.m.]

- Mondays, February 5, 12, and 26
- Wednesdays, February 7 and 14
- Friday, February 23

Register [here](#).

Movement Medicine Seated in a Chair [10:30 a.m.—11:00 a.m.]

- Mondays, February 5, 12, and 26
- Wednesdays, February 7 and 14
- Friday, February 23

Register [here](#).

E-learning courses available

IDHC is pleased to offer four new Personal Data Privacy Courses!

e-learning courses include:

- Personal Information Protection and Electronic Documents Act (PIPEDA)
- Freedom of Information and Protection of Privacy Act (FIPPA)
- Personal Health Information Protection Act (PHIPA)
- Information and Privacy Commissioner of Ontario (IPCO)

The courses are FREE and available to all. Certificates of completion are provided after each course is complete.

To access first course, click [here](#).

Frontline Health Worker Training Gestational Diabetes Awareness and Prevention Training

Thursday, February 29, and Friday, March 1 at 9 a.m.—4 p.m.

Register [here](#).

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.

IDHC 2023 Annual Conference Recordings

Find keynote speaker recording—plus bonus material, including messages from our Elders.

Follow this [link](#) and click the green "Enroll for Free" button to access the recordings.

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.

IDHC Head Office

3250 Schmon Parkway, Unit 1B, Thorold

Upcoming Clinic Dates:

- Wednesday, February 7 & Thursday, February 29, 2024.

Contact: Georgia Baum

Tel: 289-407-6934 Email: csnurse@idhc.life

Fort Erie Native Friendship Centre (FENFC)

796 Buffalo Road, Fort Erie

Upcoming Clinic Date:

- Wednesday, February 21, 2024

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

- Friday, February 2, 2024—Dorothy Taylor
- Wednesday, February 7, 2024—Renée Thomas-Hill
- Friday, February 9, 2024—Allan Jamieson, Sr.
- Wednesday, February 14, 2024—Audra Maloney
- Friday, February 16, 2024—Valarie King
- Wednesday, February 21, 2024—Lisa Green
- Friday, February 23, 2024—Dorothy Taylor
- Wednesday, February 29, 2024—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.

