

APRIL 2024 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Webinar: Tax Season and Disability Benefits

Friday, April 26, 2024, at 12 p.m.—2 p.m.

[Register here](#)

Virtual Workshops & Programs

IDHC Mindful Wellness Journal - Launch

Session 2 - Thursday, April 4, 2024, at 1:00 p.m.—2 p.m.

Session 3 - Thursday, April 11, 2024, at 1:00 p.m.—2 p.m.

[Register here](#)

Movement Medicine Exercise Series

Mondays, April 15 and 22, 2024, at 9:30 a.m.—10:15 a.m.

Wednesday, April 10, 2024, at 9:30 a.m.—10:15 a.m.

Friday, April 5, 12, 19, and 26, 2024, at 9:30 a.m.—10:15 a.m.

[Register here](#)

Movement Medicine Seated in a Chair

Mondays, April 15 and 22, 2024 at 10:30 a.m.—11:00 a.m.

Wednesday, April 10, 2024 at 10:30 a.m.—11:00 a.m.

Friday, April 5, 12, 19, and 26 at 10:30 a.m.—11:00 a.m.

[Register here](#)

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.

IDHC Head Office

3250 Schmon Parkway, Unit 1B, Thorold

Upcoming clinic date:

- Wednesday, April 10, 2024

Contact: Georgia Baum

Tel: 289-407-6934

Email: csnurse@idhc.life

Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Dates:

- Friday, April 5 • Friday, April 12 • Friday, April 26

Contact: Leanne Beaver

Tel: 905-548-9593

Email: lifelongcareb@hric.ca

Fort Erie Native Friendship Centre (FENFC)

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

- Wednesday, April 3
- Wednesday, April 17
- Wednesday, April 24

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

Wednesday, April 3—Audra Maloney

Wednesday, April 10—Grandmother Renee

Wednesday, April 17—Lisa Green

Wednesday, April 24—Gail Whitlow

Visit Facebook page for the 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 call 905-388-6010.

Frontline Health Worker Training

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 Event Recordings

Please find below the access link to our keynote speaker recordings plus bonus material, including messages from our Elders. Click the link below and the green "Enroll for Free" button to access the recordings.

<https://idhctrainingplatform.thinkific.com/courses/idhc-2023-annual-event>

