

MARCH 2024 Indigenous Diabetes Health Circle Programming

In-person Programming at IDHC Head Office

Wellness Wednesday

Wednesday, March 13 from 9:30 a.m.—3 p.m.
3250 Schmon Parkway, unit 1B, Thorold, ON

IDHC Webinar Series

Dental and Oral Health

Friday, March 15 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Nutrition with Type 1 and Type 2 Diabetes

Thursday, March 21 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Winter Speaker Series with Lance Logan-Keye

Part Three: Healthy and Effective Communication

Thursday, March 21 at 6:00 p.m.—7:30 p.m.

Part Four: Healthy Relationships

Thursday, March 28 at 6:00 p.m.—7:30 p.m.

[Register here](#)

Movement Medicine Exercise Series

Mondays, March 11 and 18, 2024, at 9:30 a.m. — 10:15 a.m.

Wednesday, March 27 at 9:30 a.m. — 10:15 a.m.

Fridays, March 15, 22, and 29 at 9:30 a.m. — 10:15 a.m.

[Register here](#)

Movement Medicine (Seated in a Chair)

Mondays, March 11 and 18 at 10:30 a.m.—11:00 a.m.

Wednesday, March 27 at 10:30 a.m.—11:00 a.m.

Fridays, March 15, 22, and 29 at 10:30 a.m.—11:00 a.m.

[Register here](#)

Mindful Movement Matters: Cultivating Good Health & Vitality

Monday, March 18 at 1:00 p.m.—2:00 p.m.

[Register here](#)

IDHC Mindful Wellness Journal Launch, Part 1—FOOD

Thursday, March 21 at 1:00 p.m.—2:00 p.m.

[Register here](#)

Slowing Down: An Act and Art of Self-Love

Thursday, March 28 at 1:00 p.m.—2:00 p.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, please contact your local ongoing clinic host.

IDHC Head Office

3250 Schmon Parkway, Unit 1B, Thorold

Upcoming clinic date:

- Wednesday March 20, 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, March 1, 2024
- Friday, March 15, 2024

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, March 6, 2024
- Wednesday, March 13, 2024

Contact: Geraldine Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

Email: llc1@fenfc.org or

llc2@fenfc.org

Traditional Practitioner Schedule

Friday, March 1—Lance Logan Keye

Wednesday, March 6, 2024—Audra Maloney

Friday, March 8—Allan Jamieson Sr.

Wednesday, March 13—Renée Thomas-Hill

Friday, March 15—Valarie King

Wednesday, March 20—Lisa Green

Friday, March 22—Dorothy Taylor

Wednesday, March 27—Gail Whitlow

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

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

Frontline Health Worker Training

Looking for training for your team? IDHC's Knowledge Department offers Indigenous diabetes wellness frontline worker training through:

- 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.

Visit the link below and click the green "Enroll for Free" button to access the recordings.

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

