

MAY 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Webinar: Ontario Health Regional Renal Program

Thursday, May 16 at 11:00 a.m. — 12:00 p.m.

[Register here](#)

Virtual Workshops & Programs

National Indigenous Diabetes Awareness Day Event: (Theland Kicknosway)

Youth Speaker

Thursday, May 2 at 7:00 p.m. — 8:00 p.m.

[Register here](#)

Goal Setting: Setting Intentions & Action Steps for Wellness

Wednesday, May 29 at 1:00 p.m. — 2:00 p.m.

[Register here](#)

Daily Mindfulness Practices for Holistic Wellness

Thursday, May 2 at 1:00 p.m. — 2:00 p.m.

[Register here](#)

Movement Medicine Exercise Series

Monday: May 13 at 9:30 a.m. — 10:15 a.m.

Wednesdays: May 1, 15, and 29 at 9:30 a.m. — 10:15 a.m.

Fridays: May 3, 17 and 31 at 9:30 a.m. — 10:15 a.m.

[Register here](#)

Movement Medicine Seated in a Chair

Monday: May 13 at 10:30 a.m. — 11:00 a.m.

Wednesdays: May 1, 15, and 29 at 10:30 a.m. — 11:00 a.m.

Fridays, May 3, 17 and 31 at 10:30 a.m. — 11:00 a.m.

[Register here](#)

Men's Health Day

In Person Event

Location: [IDHC Head Office] 3250 Schmon Parkway
Thorold, ON

Wednesday, May 22 at 10:00 a.m. — 2:30 p.m.

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, May 1
- Wednesday, May 22

Contact: Georgia Baum

Tel: 289-407-6934

Email: csnurse@idhc.life

Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Dates:

- Friday, May 10, 2024
- Friday, May 24, 2024

Contact: Jennifer Peace

Tel: 905-548-9593

Email: hwpsupervisor@hric.ca

Fort Erie Native Friendship Centre (FENFC) Lifelong Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Date:

- Wednesday, May 15

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

- Wednesday, May 1 — Audra Maloney
- Wednesday, May 22 — Lisa Green

Visit the [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 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 link to our keynote speaker recordings plus bonus material, including messages from our Elders.

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

