

JULY 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Simple Summer Salads and Dressings

Tuesday, July 9 at 1:00 p.m. – 2:00 p.m. EST

[Register here](#)

Eye Health Screening Initiative Refresher Training Webinar

Monday, July 8 at 10:00 a.m. – 12:00 p.m. EST

[Register here](#)

Renal Screening with Ontario Health

Thursday, July 18 at 1:00 p.m. – 2:00 p.m. EST

[Register here](#)

Virtual Workshops & Programs

Movement Medicine: Exercise Series

Time for All Sessions: 9:30 a.m. – 10:15 a.m. EST

- Mondays, July 8, 15 and 22
- Wednesday, July 24
- Fridays, July 5, 12 and 19

[Register here](#)

Movement Medicine: Seated in a Chair

Time for All Sessions: 10:30 a.m. – 11:00 a.m. EST

- Mondays, July 8, 15 and 22
- Wednesday, July 24
- Fridays, July 5, 12 and 19

[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 Dates:

- Wednesday, July 3
- Wednesday, July 24

Contact: Georgia Baum

Tel: 289-407-6934

Email: csnurse@idhc.life

Fort Erie Native Friendship Centre, Lifelong Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

- Wednesday, July 10
- Wednesday, July 17

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

- Wednesday, July 10 – Audra Maloney
- Wednesday, July 17 – Renée Thomas-Hill
- Wednesday, July 24 – Lisa Green
- Wednesday, July 31 – Gail Whitlow

Visit IDHC Facebook page for 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 frontline worker training related to diabetes wellness 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.

