

JUNE 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Webinar: Tax Season and Disability Benefits

Tuesday, June 11 at 12 p.m.—2 p.m. EST

[Register here](#)

Virtual Workshops & Programs

Diabetic Foot Care: What to expect at your treatment

Tuesday, June 4 at 1 p.m.—2 p.m. EST

[Register here](#)

The Sweet Trickster: Sugar Awareness and Reducing Consumption

Wednesday, June 5 at 1 p.m.—2 p.m. EST

[Register here](#)

Walking with Creation: Enjoying the Experience and Benefits of a Regular Walking Routine

Wednesday, June 12 at 1 p.m.—2 p.m. EST

[Register here](#)

Resource Launch: Navigating the Path of Diabetes Wellness

Thursday, June 13 at 1 p.m.—2 p.m. EST

[Register here](#)

Movement Medicine Exercise Series

Mondays: June 3, 10, and 17 at 9:30 a.m.—10:15 a.m. EST

Wednesdays: June 5 and 12 at 9:30 a.m.—10:15 a.m. EST

[Register here](#)

Movement Medicine Seated in a Chair

Mondays: June 3, 10, and 17 at 10:30 a.m.—11:00 a.m. EST

Wednesdays: June 5 and 12 at 10:30 a.m.—11:00 a.m. EST

Friday, June 14, at 10:30 a.m.—11:00 a.m. EST

[Register here](#)

Foot Care Program

The Foot Care Program offers resources for personal foot inspections and basic daily foot care.

Ongoing Foot Care Clinic Locations

Ongoing Foot Clinics are by appointment only for pre-approved registered clients.

For more information, contact local ongoing clinic host.

IDHC Head Office

3250 Schmon Parkway, Unit 1B, Thorold

Upcoming clinic date:

- Wednesday, June 12

Contact: Georgia Baum

Tel: 289-407-6934

Email: csnurse@idhc.life

Fort Erie Native Friendship Centre (FENFC) Lifelong Care Program

796 Buffalo Road, Fort Erie

Upcoming Clinic Dates:

- Wednesday, June 5
- Wednesday, June 26

Contact: Geralda Jamieson or

Karen Hilston

Tel: 905-871-8931 ext. 230

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

Traditional Practitioner Schedule

Wednesday, June 5—Audra Maloney

Wednesday, June 12—Renée Thomas-Hill

Wednesday, June 19—Lisa Green

Thursday, June 27—Gail Whitlow

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

[Registration is Required](#).

Looking for training for your team?

IDHC's Knowledge Department offers frontline 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.

