

# AUGUST 2024

## Indigenous Diabetes Health Circle Programming

### IDHC Webinar Series

#### Meal Prep and Budgeting

Wednesday, August 28 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

#### Mindfully Breathing Now and Beyond

Wednesday, August 14 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

### In-Person Events

#### Lower Limb Preservation Sharing Circles

##### Fort Erie Native Friendship Centre (FENFC)

Tuesday, August 6 at 10:00 a.m. — 12:00 p.m. EST

#### De Dwa Da Dehs Nye

Tuesday, August 13 at 1:00 p.m. — 3:00 p.m. EST

#### IDHC Head Office

Thursday, August 15 at 10:00 a.m. — 12:00 p.m. EST

Registration contact Stacey Ely at [cssw@IDHC.life](mailto:cssw@IDHC.life) or 705-561-9461 and advise which Sharing Circle you would like to participate.

### Virtual Workshops & Programs

#### Movement Medicine Exercise Series

Mondays: August 12 and 26 at 9:30am—10:15am EST

Wednesdays: August 14 and 28 at 9:30am—10:15am EST

Fridays: August 9, 16, and 23 at 9:30am—10:15am EST

[Register here](#)

#### Movement Medicine Seated in a Chair

Mondays: August 12 and 26 at 10:30am—11:00am EST

Wednesdays: August 14 and 28 at 10:30am—11:00am EST

Fridays: August 9, 16, and 23 at 10:30am—11:00am EST

[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. Pre-registration is required. For more information, contact your local clinic host.

#### IDHC Head Office

3250 Schmon Parkway, Unit 1B, Thorold

Upcoming clinic date:

- Wednesday, August 14

Contact: Georgia Baum at 289-407-6934 or [csnurse@idhc.life](mailto:csnurse@idhc.life)

#### Fort Erie Native Friendship Centre (FENFC)

##### Lifelong Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

- Wednesday, August 7
- Wednesday, August 21
- Wednesday, August 28

Contact: Geraldina Jamieson or Karen Hilston at 905-871-8931 ext. 230 or [llc1@fenfc.org](mailto:llc1@fenfc.org) or [llc2@fenfc.org](mailto:llc2@fenfc.org)

### Traditional Practitioner Schedule

- Wednesday, August 7—Audra Maloney
- Wednesday, August 14—Lisa Green
- Wednesday, August 28—Gail Whitlow

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

Contact Kathleen LaForme at [twcoordinator@idhc.life](mailto:twcoordinator@idhc.life) or 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 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](mailto:knowledge@idhc.life).

