

DECEMBER 2024

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Weighing the Pros and Cons of Weight Loss Medications and Diabetes

Wednesday, December 4 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

Virtual Workshops & Programs

Revitalizing During the Winter Months with Mindfulness and Land-Based Movement

Thursday, December 12 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

Movement Medicine Exercise Series

Mondays: December 2, 9 and 16

Wednesdays: December 4 and 11

Friday: December 13

Times: 9:30 a.m. — 10:00 a.m. EST

[Register here](#)

Movement Medicine Seated in a Chair

Mondays: December 2, 9 and 16

Wednesdays: December 4 and 11

Friday: December 13

Times: 10:30 a.m. — 11:00 a.m. EST

[Register here](#)

Foot Care Program

IDHC's priority is to serve Indigenous people living with diabetes that have current foot concerns, and who are considered "high risk" under Lower Extremity Amputation Prevention ranking and may be elders ineligible for other funding resources.

Current subsidy sites in the Niagara region include

- IDHC head office
3250 Schmon Pkwy #1b Thorold, ON L2V 4Y6
- Fort Erie Native Friendship Centre
796 Buffalo Rd, Fort Erie, ON L2A 5H2

For a foot care subsidy site in your region visit: <https://idhc.life/foot-care-program>. Limited coverage for orthotics and shoes is available for qualifying applicants.

Foot care kit requests can be sent via email to <https://idhc.life/diabetes-wellness-program/service-request-form/>. Foot care kits are reserved first for community partners that host foot care subsidy sites and then for other community programs, events and services. If your organization or community is interested in becoming a host site for a foot care clinic email clientservices@idhc.life.

Ongoing Foot Care Clinics

Clients must be pre-registered. To preregister, contact either: Georgia Baum

Tel: 289-407-6934 Email: csnurse@idhc.life

Stacey Ely

Tel: 705-561-9461 Email: cssw@idhc.life

Traditional Wellness Program

Traditional Healer / Practitioner sessions typically include a discussion, and/or teachings surrounding healthy lifestyle choices, traditional foods, traditional medicines, diabetes, diabetes management, cultural teachings and/or guidance. These consultations are to enhance your healthcare and complement your circle of care. To book a time to speak with an Elder-Practitioner one-on-one, contact Kathleen LaForme at twcoordinator@idhc.life or call 905-388-6010. New client? Register here: <https://soadi.wufoo.com/forms/traditional-healer-registration/>

Frontline Health Worker Training

13 Grandmother Moons Diabetes Wellness Training

This is a two-day, virtual training intended for frontline health workers located in Ontario.

When: Thursday, December 5, and Friday, December 6 at 9 a.m.—4 p.m. EST

Registration is Required: <https://soadi.wufoo.com/forms/13-grandmothers-training-registration-20242025>

Looking for training for your team? IDHC's Knowledge Department offers the following diabetes wellness frontline worker trainings:

- 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.

