

JANUARY 2026

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Go With The Flow: The Kidney and Chronic Kidney Disease

Wednesday, January 21 at 11:00 a.m. — 12:00 p.m. EST

[Register here](#)

Virtual Workshops & Programs

Revitalizing During the Winter Months

Thursday, January 8 at 1:00 p.m. — 2:00 p.m. EST

[Register](#) here

Movement Medicine Exercise Series

Mondays: January 5, 12, 19

Wednesdays: January 7, 21, 28

Friday: January 16 and 30

[Register here](#)

All times: 9:30 a.m. — 10:00 a.m. EST

Movement Medicine Seated in a Chair

Mondays: January 5, 12, 19

Wednesdays: January 7, 21, 28

Friday: January 16 and 30

[Register here](#)

All times: 10:30 a.m. — 11:00 a.m. EST

Diabetes-Related Health Screenings and Supports

Friday, January 30, 2026 at 12:00 p.m. to 1:00 p.m. EST

[Register here](#)

13 Grandmother Moons Diabetes Wellness Training

Wednesday, January 14, and Thursday, January 15 at 8:30 a.m. — 4 p.m. EST

[Register here](#)

Daily Mindfulness Practices for Wholistic Wellness

Tuesday, January 20 at 1 p.m. — 2 p.m. EST

[Register here](#)

Frontline Health Worker Training

13 Grandmother Moons Diabetes Wellness Training

Wednesday, January 14 and Thursday, January 15 at 8:30 a.m. — 4 p.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 not qualifying for other funding resources.

Current subsidy sites in the Niagara Region include IDHC head office at 3250 Schmon Pkwy #1b Thorold and Fort Erie Native Friendship Centre at 796 Buffalo Rd, Fort Erie, ON L2A 5H2. For a foot care subsidy site in your region, refer to our website: <https://idhc.life/foot-care-program>. Limited coverage for orthotics and shoes is available for qualifying applicants.

Ongoing Foot Care Clinics

Clients must be pre-registered—contact:

Lindsey Cosh Tel: 289-668-0551

Email: lindseycosh@idhc.life

Or

Stacey Ely Tel: 705-561-9461

Email: staceyely@idhc.life

