

FEBRUARY 2026

Indigenous Diabetes Health Circle Programming

One-on-One Virtual Diabetes Education

Walking Together in Diabetes Care: Private virtual sessions with IDHC Diabetes Educator, Jenna Hammond
Tuesdays, February 17 and 24, between 9:00 a.m. — 4:00 p.m. EST
To schedule a meeting email: jennahammond@idhc.life

Virtual Workshops & Programs

The Mindful Practice of Coming Home to Our Self
Thursday, February 5 at 1:00 p.m. — 2:00 p.m. EST
[Register here](#)

Living in Balance: Exploring Connections Between Mental Health and Nutrition
Wednesday, February 25 at 11:00 a.m. — 12: 00 p.m. EST
[Register here](#)

Movement Medicine Exercise Series
Mondays: February 2, 16, 23
Wednesdays: February 4
Fridays: February 6
All times: 9:30 a.m. — 10: 00 a.m. EST
[Register here](#)

Movement Medicine Seated in a Chair
Mondays: February 2, 16, 23
Wednesdays: February 4
Fridays: February 6
All 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 not qualifying for other funding resources.

Current subsidy sites in the Niagara Region include IDHC head office at 3250 Schmon Pkwy #1b Thorold and at Fort Erie Native Friendship Centre at 796 Buffalo Road, Fort Erie, Ontario, L2A 5H2. For a foot care subsidy site in your region please 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.
To register, contact:
Lindsey Cosh Tel: 289-668-0551
Email: lindseycosh@idhc.life
Or
Stacey Ely Tel: 705-561-9461
Email: staceyely@idhc.life

Traditional Wellness Program

Traditional Healer and 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 kathleenlaforme@idhc.life or call 905-388-6010. New client? Register here: <https://soadi.wufoo.com/forms/traditional-healer-registration/>

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 jessicapace@idhc.life.

