

MARCH 2026

Indigenous Diabetes Health Circle Programming

In-Person Event

Chronic Kidney Disease Community Gathering

Thursday, March 26 at 9:00 a.m. — 2:00 p.m.

Location: IDHC Head Office: 3250 Schmon Parkway, Unit 1B, Thorold ON

[Register here](#)

One-on-One Virtual Diabetes Education

Walking Together in Diabetes Care—Private virtual sessions with IDHC Diabetes Educator

Jenna Hammond

Tuesdays, March 10, 17, 24 and 31 between 9:00 a.m. — 4:00 p.m. EST

Email to schedule a meeting:

jennahammond@idhc.life

IDHC Webinar Series

Ontario Ombudsman

Wednesday, March 25 at 11:00 a.m. — 12:00 p.m.

Register here: TBD link to follow

Virtual Workshops & Programs

Niagara Dental Program Presentation

Understanding the Link: Diabetes and Oral Health

Friday, March 13 at 9:00 a.m. — 10:00 a.m. EST

[Register here](#)

Walking With Creation

Enjoying the Wholistic Benefits of a Regular Walking Routine

Tuesday, March 17 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

Traditional Games & Healthy Lifestyles

Monday, March 23 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

Restoring Body, Mind, and Spirit with True Relaxation

Tuesday, March 24 at 1:00 p.m. — 2 p.m. EST

[Register here](#)

Agadon'he' (I am full of life) Movement Series

Gentle Mobility & Strengthening for Full Body

- Mondays: March 2, 9, 23, and 30
- Wednesday: March 18
- Fridays: March 13 and 20

Time for All Sessions: 9:30 a.m. — 10:00 a.m. EST

[Register here](#)

Agadon'he' (I am full of life) Movement Series

Seated Movement for Gentle Mobility and Strengthening

- Mondays: March 2, 9, 23, and 30
- Wednesday: March 18
- Fridays: March 13 and 20

Time for All Sessions: 10:30a.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 disqualified from other funding resources.

Current subsidy sites in the Niagara region include head office at 3250 Schmon Pkwy #1b Thorold and at Fort Erie Native Friendship Centre. For a foot care subsidy site in your region refer to IDHC 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 – please 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 Schedule

Wednesday, March 4: Lisa Green

Wednesday, March 18: Gail Whitlow

Wednesday, March 25: Grandmother Renée Thomas–Hill

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 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.

