

APRIL 2026 Indigenous Diabetes Health Circle Programming

Virtual Annual Event 2026

Travelling the Journey to Wellness: New Journeys. New Possibilities.

Day One: Thursday, April 30 at 1:00 p.m. — 4:30 p.m. EST

Day Two: Friday, May 1 at 8:30 a.m. — 12 p.m. EST

[Register here](#)

One-on-One Virtual Diabetes Education

Walking Together in Diabetes Care: Private virtual sessions with IDHC Diabetes Educator Jenna Hammond

Tuesdays: April 7, 14, 21, and 28, between 9:00 a.m. — 4:00 p.m. EST

Email to schedule a meeting: jennahammond@idhc.life

IDHC Webinar Series

The Land Will Always Heal

Wednesday April 8 at 11:00 a.m. — 12:00 p.m. EST

[Register here](#)

Virtual Workshops & Programs

Mindful Movement Matters: Cultivating Good Health & Vitality by Exercising with Intention

Wednesday April 15 at 1:00 p.m. — 2:00 p.m. EST

[Register here](#)

Agadon'he' (I am full of life) Movement Series: Gentle Mobility & Strengthening for Full Body

Mondays: April 6, 20, and 27

Wednesdays: April 1, 8, 15, and 29

Friday: April 17

[Register here](#)

All times: 9:30 a.m. — 10:00 a.m. EST

Agadon'he' (I am full of life) Movement Series: Seated Movement for Gentle Mobility and Strengthening

Mondays: April 6, 20, and 27

Wednesdays: April 1, 8, 15, and 29

Friday: April 17

[Register here](#)

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

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 – 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

The following Wednesdays:

- April 1: Grandmother Renée Thomas – Hill
- April 8: Lisa Green
- April 15: Allan Jamieson Sr.
- April 22: Gail Whitlow

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/](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.

