

MAY 2026

Indigenous Diabetes Health Circle Programming

One-on-One Virtual Diabetes Education

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

Tuesdays May 5, 12, 19 and 26 between
9:00 a.m. – 4:00 p.m. EST

Schedule a meeting: jennahammond@idhc.life

IDHC Webinar Series

Walking Together: Supporting Wellness After a Diabetes Diagnosis

Wednesday, May 13 at 11:00 a.m. – 12:00 p.m. EST

[Register here.](#)

Virtual Workshops & Programs

IDHC Resource Highlight: LAWS (Land, Air, Water, Sun) Living in Relationship with the Natural Elements for Whole Well-Being

Tuesday May 12 at 1 p.m. – 2:00 p.m. EST

[Register here.](#)

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

Monday: May 11

Wednesdays: May 13 and 27

Fridays: May 8, 22 and 29

[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

Monday: May 11

Wednesdays: May 13 and 27

Fridays: May 8, 22 and 29

[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 the IDHC head office at 3250 Schmon Pkwy #1b Thorold L2V 4Y6 and at Fort Erie Native Friendship Centre at 796 Buffalo Rd, Fort Erie, ON L2A 5H2. For a foot care subsidy site in your region visit the 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– to register contact:

Lindsey Cosh Tel: 289-668-0551 Email: lindseycosh@idhc.life

Stacey Ely Tel: 705-561-9461 Email: staceyely@idhc.life

Traditional Wellness Program Schedule

Wednesday, May 6: Renée Thomas-Hill

Wednesday, May 13: Lisa Green

Wednesday, May 20: Gail Whitlow

Wednesday, May 27: Allan Jamieson Sr

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.

