



# INDIGENOUS JOURNEY TO DIABETES WELLNESS

WELLNESS. WISDOM. HEALING. NEW PATHS | NEW POSSIBILITIES



## DAY ONE

THURSDAY, APRIL 30, 2025		SPEAKER
1:00 P.M. – 1:30 P.M. EST	<ul style="list-style-type: none"> <li>• Elder Opening</li> <li>• Event Introduction</li> <li>• Opening Remarks</li> <li>• Housekeeping</li> </ul>	IDHC Elder, Allan Jamieson Sr. IDHC CEO, Roslynn Baird
1:30 – 2:00 P.M.	Insider view into Karihwásthá initiative and new digital hub uniting Indigenous thought leaders	IDHC Special Projects Coordinator, Irene Samuel
2:00 – 3:15 P.M.	“Honouring Our Original Instructions: Teachings from the Haudenosaunee Creation Story and Thanksgiving Address”	Elder, Tom Porter
<b>3:15 – 3:30 P.M.</b>	<b>Five-Minute Movement Medicine Break</b>	<b>IDHC Lead Trainer, Crystal Bomberry</b>
3:30 – 4:15 P.M.	Strengthening Community Based Diabetes Care: The Community Health Worker Diabetes Program & Diabetes Connections Initiative	Research Coordinator, Sioux Lookout First Nations Health Authority, Amos Ajay and Registered Dietitian and Certified Diabetes Educator, Sioux Lookout First Nations Health Authority, Madison Pierce
4:15 – 4:30 P.M.	“Chronic Disease Screening and Self-Advocacy”   Wallet Card Resource	IDHC Special Projects Coordinator, Irene Samuel
4:30 – 4:45 p.m.	Day 1 of 2: Closing Reflections	