

# JUNE 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: June 2, 9, 16, 23 and 30 between 9:00 a.m. – 4:00 p.m. EDT

Email to schedule a meeting: [jennahammond@idhc.life](mailto:jennahammond@idhc.life)

### IDHC Webinar Series

#### Diabetes and Foot Health

Wednesday, June 10 at 11:00 a.m. – 12:00 p.m. EDT

[Register here](#)

### Virtual Workshops & Programs

#### Healthy Mindful Eating: Making it Sacred

Tuesday, June 9 at 1:00 p.m. – 2:00 p.m. EDT

[Register here](#)

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

Mondays: June 1, 15 and 29

Wednesdays: June 3 and 24

Fridays: June 12 and 19

All Times: 9:30 a.m. – 10:00 a.m. EDT

[Register here](#)

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

Mondays: June 1, 15 and 29

Wednesdays: June 3 and 24

Fridays: June 12 and 19

All Times: 10:30 a.m. – 11:00 a.m. EDT

[Register here](#)

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

Thursday June 4 at 1:00 p.m. – 2:00 p.m. EST

[Register here](#)

#### Connect. Engage. Collaborate.

#### Review of IDHC Chronic Kidney Disease Resource

Friday, June 5 at 10:00 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

#### Lindsey Cosh

Tel: 289-668-0551

Email: [lindseycosh@idhc.life](mailto:lindseycosh@idhc.life)

#### Stacey Ely

Tel: 705-561-9461

Email: [staceyely@idhc.life](mailto:staceyely@idhc.life)

Erie Native Friendship Centre at 796 Buffalo Road Fort Erie. 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

To pre-register, contact:

### Traditional Wellness Schedule

- Wednesday, June 3 – Grandmother Renée Thomas–Hill
- Wednesday, June 10 – Allan Jamieson, Sr.
- Wednesday, June 24 – Lisa Green

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](mailto: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](mailto:jessicapace@idhc.life).

