

JULY 2026

Indigenous Diabetes Health Circle Programming

One-on-One Virtual Diabetes Education

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

Tuesdays July 7, 14, 21, and 28 between 9:00 a.m.—4:00 p.m. EDT
Email to schedule a meeting: jennahammond@idhc.life

IDHC Webinar Series

Breaking the Chain: A Naturopathic Approach to Diabetes Prevention

Wednesday, July 22 at 11:00 a.m.—12:00 p.m. EDT
[Register here](#)

Virtual Workshops & Programs

Cultivating Your Personal Wellness Vision with a Daily Mindfulness Map

Tuesday, July 7 at 1:00 p.m.—2:00 p.m. EDT
[Register here](#)

Simple Summer Salads and Dressings

Tuesday, July 21 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: July 6 and 20
Wednesdays: July 8 and 22
Fridays: July 3 and 10
All times: 9:30 a.m.—10:00 a.m. EDT
[Register here](#)

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

Mondays: July 6 and 20
Wednesdays: July 8 and 22
Fridays: July 3 and 10
All times: 10:30 a.m.—11:00 a.m. EDT
[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 head office at 3250 Schmon Pkwy #1b Thorold and at Fort Erie Native Friendship Centre at 796 Buffalo Road Fort Erie. For a foot care subsidy site in your region, refer to [our website: https://idhc.life/foot-care-program](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 pre-register, contact either:

Lindsey Cosh	Stacey Ely
Tel: 289-668-0551 Email: lindseycosh@idhc.life	Tel: 705-561-9461 Email: staceyely@idhc.life

Traditional Wellness Program Schedule

- **Wednesday July 8:** Allan Jamieson, Sr.
- **Wednesday July 15:** Renée Thomas–Hill
- **Wednesday July 22:** Gail Whitlow
- **Wednesday July 29:** 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 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?
The Knowledge Department offers diabetes wellness frontline worker training through:

- 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.

