

OCTOBER 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 October 7, 14, 21, 28 9:00 a.m. — 4:00 p.m. EDT

Schedule a meeting: jennahammond@idhc.life

IDHC Webinar Series

Title: Eye Health Screening Initiative

Friday October 16 11:00 a.m. — 12:00 p.m. EDT

[Register here](#)

Virtual Workshops & Programs

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

Mondays: October 12 and 26 9:30 a.m. — 10:00 a.m. EDT

Wednesdays: October 14 and 28

9:30 a.m. — 10:00 a.m. EDT

Fridays: October 2 and 30 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: October 12 and 26 10:30 a.m. — 11:00 a.m. EDT

Wednesdays: October 14 and 28

10:30 a.m. — 11:00 a.m. EDT

Fridays: October 2 and 30 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 IDHC head office at 3250 Schmon Pkwy #1b Thorold and at Fort Erie Native Friendship Centre 796 Buffalo Rd, Fort

Erie, ON L2A 5H2. For a foot care subsidy site in your region refer to 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

Cathy Oliver Tel: 705-220-8910

Email: cathyoliver@idhc.life

Traditional Wellness Program Schedule

- Wednesday October 7:
Grandmother Renée Thomas-Hill, Elder
- Wednesday October 14: Lisa Green
- Wednesday October 21: Gail Whitlow
- Wednesday October 28: Allan Jamieson, Elder

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.

