

MAY 2021

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Take Your Socks Off: Why It Will Save Your Feet!

May 20, 2021 1:00 p.m. — 2:00 p.m.

[Register Here](#)

Virtual Workshops & Programs

Gardening Workshop with Kitty

May 5, 2021 1:00 p.m. & again at 7:00 p.m.

[Register Here](#)

Gentle Yoga

May 5, 12, 19, 2021 9:00 a.m. — 10:00 a.m.

[Register Here](#)

Hatha Yoga

May 5, 12, 19, 2021 10:30 a.m. — 11:30 a.m.

[Register Here](#)

30-Minute Energy Booster Exercise Series

Mondays & Tuesdays in May & June

May 10, 11, 17, 18, 24, 25, 31, 9:00 a.m. — 9:30 a.m.

[Register Here](#)

Diabetes Information Circle

May 11, 2021 1:00 p.m. — 2:30 p.m.

[Register Here](#)

Frontline Worker Training

Virtual Programming Workshop for Front Line Workers

May 13, 2021 1:00 p.m. — 2:00 p.m.

[Register Here](#)

Questions? Jessica Pace, kcoordinator@IDHC.life

Foot Care Program

The Foot Care Program offers resources for personal foot inspections and basic daily foot care. Organizations and programs that service Indigenous communities may

[Request a Kit Here.](#)

Wellness Wednesdays

Every Wednesday a new recipe and cooking video from IDHC's goes live on our Facebook Page. Try out the recipe and send your comments and pictures to Kathleen Laforme at dwcsouth@idhc.life for a chance to win a \$25 gift card!

Traditional Practitioner Schedule

Wednesday, May 5 — **Audra Maloney**

Wednesday, May 12 — **Lisa Green**

Wednesday, May 19 — **Grandmother Renée Thomas-Hill**

Wednesday, May 26 — **Gail Whitlow**

To book a time to speak with an Elder-Practitioner,

[Register Here](#)

Any questions or referrals contact Gail Stup by phone, text or email at elderhelper@idhc.life or call [289-241-9913](tel:289-241-9913)

[Visit us on Social Media](#) for event listings, videos, news and resources.

