



ANNUAL EVENT PROGRAM

THE JOURNEY TO DIABETES WELLNESS

SPEAKER TYPE	SPEAKER	DESCRIPTION
OPENING BY ELDER AND EXPRESSION OF THANKS	Elder, Grandmother Renée Thomas-Hill	Reflections on the IDHC Annual Event theme “Our Journey of Indigenous Healing and Wellness”
WELCOME FROM THE INDIGENOUS DIABETES HEALTH CIRCLE (IDHC) ZOOM HOUSEKEEPING		
ADDRESS	Roslynn Baird, IDHC, Executive Director	Reflections on the IDHC Annual Event theme as it relates to present day and future IDHC programming
KEYNOTE 1	Perry McLeod-Shabogesic and Laurie McLeod-Shabogesic	Healing and Wellness Teaching: Mshki-Aki (Strength from the Earth)
TIME FOR REFLECTIONS QUESTIONS PERIOD		
FACILITATED WELLNESS BREAK 1	Crystal Bomberry , Community Knowledge and Partnership Worker, IDHC	Sweetgrass guided imagery
BREAK		
KEYNOTE 2	Jackie LaForme , Mississaugas of the Credit First Nation, Auntie and Wife	My healing journey: Reclaiming my health and wellbeing
TIME FOR REFLECTIONS QUESTIONS PERIOD		
LUNCH		
FACILITATED WELLNESS BREAK 2	Crystal Bomberry , Community Knowledge and Partnership Worker, IDHC	Sweetgrass guided imagery
KEYNOTE 3	Zoongwebines Dennis Wendigo, BSW, MSW	Holistic Wellness for Trauma and Healing
FACILITATED WELLNESS BREAK 3	Grandmother Renée Thomas-Hill	Trauma Release
IDHC UPDATES AND CALL TO ACTION 3	Autumn Watson, Jessica Pace, Jodie Kerr	Programming Updates and Virtual Circle Call to Action
TIME FOR REFLECTIONS QUESTIONS PERIOD		
BREAK		
KEYNOTE 4	Marcel LaBelle , Canadian Canoe Museum	Canoe Teachings and Canadian Canoe Museum Project
TIME FOR REFLECTIONS QUESTIONS PERIOD		
EVENT EVALUATION COMPLETION WELLNESS BUNDLE INFORMATION		Express yourself about the learnings of the day
CLOSING REMARKS BY MASTER OF CEREMONIES		Celebration of successes, good relations among Indigenous and non-Indigenous peoples and Indigenous diabetes wellness
CLOSING, ELDER, ALLAN JAMIESON SR.		Reflections on the IDHC Annual Event theme and revelations of wisdom in “Our Journey of Indigenous Healing and Wellness”