



DIABETES 101 SERIES: HISTORY PLAYS A ROLE IN OUR HEALTH TODAY

MARCH 7, 2019 13:30- 15:00

Join us for the 2nd session of Diabetes 101. In this session, participants learn more about how history affects life of First Nations and learn about helping clients in a respectful manner.

Learning Outcomes:

1. Understand Historical Impacts and the effect it had/has on First Nations People
2. Understand Healthy lifestyle “Pima’tisiwin”
3. Understand the basics of diabetes
4. Know how to help/guide clients in a respectful manner

Presented By: Lorraine Cardinal & Kay Half

Lorraine Cardinal is a FNIHB CHR from Saddle Lake Cree Nation who works in the “Saddle Lake Enhanced Diabetes Program” in her community. Lorraine has her Diabetes Educator Certificate from the Saskatchewan Institute of Applied Science and Technology (SIAST). She is very committed to helping her community members in the areas of healthy lifestyle choices and changes in a holistic manner, combining western and cultural teachings.

Kay Half is the CHR Coordinator for Indigenous Services Canada - FNIHB. Kay is originally from the Whitefish Lake First Nations Band # 128, Good Fish lake Alberta. As the regional CHR coordinator, Kay works with all Alberta CHRs in Treaty 6, 7 & 8 in the areas of community health program services and delivery.

Session 3 of 10 in the
Diabetes 101 series

To register for this session
visit the First Nations
Telehealth Network Portal at
www.fntn.ca

This session will be recorded
and available for future
viewing on the First Nations
Telehealth Network Portal

Audio lines and live
streaming will be available
for those who cannot attend
via videoconference

The previously recorded
video, What is Diabetes?,
can be found at www.fntn.ca
within the Public Archive
Library

FIRST NATIONS TELEHEALTH
NETWORK

1-888-999-3356

vhhelp@fntn.ca

www.fntn.ca