**January 2024**

**Topic (Week 2):** Diabetes Signs, Screening, and Overview of Diabetes Integration Project

**Presenter (Week 2):** Danielle White,Diabetes Integration Project Dietitian

**Link:** [**https://zoom.us/j/95692182987**](https://zoom.us/j/95692182987)

**Topic (Week 4):** Sleep and Your Health

**Presenter (Week 4):** Barbara Thompson, WRTC Tribal Diabetes Coordinator

**Link:** [**https://zoom.us/j/96799514001**](https://zoom.us/j/96799514001)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 1 | 2 | 3 | 4 | 5 |
| 8 | 91:30-2:30pm**Topic:** Diabetes Signs, Screening, and Overview of Diabetes Integration Project**Presenter:** Danielle White, DIP Dietitian**Link:**[**https://zoom.us/j/95692182987**](https://zoom.us/j/95692182987) | 10 | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 2210:00am-11:00am**Topic:** Sleep and Your Health **Presenter:** Barbara Thompson, WRTC Tribal Diabetes Coordinator**Link:**[**https://zoom.us/j/96799514001**](https://zoom.us/j/96799514001) | 23 | 24 | 25 | 26 |

**February 2024**

**Topic (Week 2):** Alcohol and Diabetes

**Presenter (Week 2):** Jessica Flett, DOHS Tribal Diabetes Coordinator

**Link:** [**https://zoom.us/j/92439794423**](https://zoom.us/j/92439794423)

**Topic (Week 4):** Food and Mood

**Presenter (Week 4):** Brikena Dibra, SERDC Tribal Nursing Officer

**Link:** [**https://zoom.us/j/91693096261**](https://zoom.us/j/91693096261)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| 12 | 131:30-2:30pm**Topic:** Alcohol and Diabetes **Presenter:** Jessica Flett, DOHS Tribal Diabetes Coordinator**Link:**[**https://zoom.us/j/92439794423**](https://zoom.us/j/92439794423) | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 2610:00am-11:00am**Topic:** Food and Mood**Presenter:** Brikena Dibra SERDC Tribal Nursing Officer**Link:**[**https://zoom.us/j/91693096261**](https://zoom.us/j/91693096261) | 27 | 28 | 29 |  |

**March 2024**

**Topic (Week 2):** Nutrition Month Presentation

**Presenter (Week 2):** Jessica Almeida, FNIHB Community Nutritionist

**Link:** [**https://zoom.us/j/98486987673**](https://zoom.us/j/98486987673)

**Topic (Week 4):** Foot Assessment for a Non-Nurse

**Presenter (Week 4):** Donna Saucier, Regional Foot Care Coordinator

**Link:** [**https://zoom.us/j/92261589186**](https://zoom.us/j/92261589186)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| 4 | 5 | 6 | 7 | 8 |
| 11 | 121:30-2:30pm**Topic:** Nutrition Month **Presenter:** Jessica Almeida, FNIHB Community Nutritionist**Link:**[**https://zoom.us/j/98486987673**](https://zoom.us/j/98486987673) | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 2510:00am-11:00am**Topic:** Foot Assessment for a Non-Nurse**Presenter:** Donna Saucier, Regional Foot Care Coordinator**Link:**[**https://zoom.us/j/92261589186**](https://zoom.us/j/92261589186) | 26 | 27 | 28 | 29 |

**April 2024**

**Topic (Week 2):** Starting Seeds Indoors

**Presenter (Week 2):** Karen Flett, Manitoba Regional Food Security Coordinator

**Link:** [**https://zoom.us/j/98574996006**](https://zoom.us/j/98574996006)

**Topic (Week 4):** Diabetes and Heart Disease

**Presenter (Week 4):** Tonia Traverse, IRTC Tribal Diabetes Coordinator

**Link:** [**https://zoom.us/j/97960111183**](https://zoom.us/j/97960111183)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 1 | 2 | 3 | 4 | 5 |
| 8 | 91:30-2:30pm**Topic:** Starting Seeds Indoors**Presenter:** Karen Flett, Manitoba Regional Food Security Coordinator**Link:**[**https://zoom.us/j/98574996006**](https://zoom.us/j/98574996006) | 10 | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 2210:00am-11:00am**Topic:** Diabetes and Heart Disease**Presenter:** Tonia Traverse, IRTC Tribal Diabetes Coordinator**Link:**[**https://zoom.us/j/97960111183**](https://zoom.us/j/97960111183) | 23 | 24 | 25 | 26 |
| 29 | 30 |  |  |  |

**May 2024**

**Topic (Week 2):** Diabetes: Healthy Meal Planning

**Presenter (Week 2):** FNIHB Dietetic Intern Student

**Link:** [**https://zoom.us/j/97000944157**](https://zoom.us/j/97000944157)

**Topic (Week 4):** Physical Activity

**Presenter (Week 4):** Elizabeth Proskurnik, SERDC Tribal Diabetes Coordinator

**Link:** [**https://zoom.us/j/91785851040**](https://zoom.us/j/91785851040)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| 6 | 7 | 8 | 9 | 10 |
| 13 | 141:30-2:30pm**Topic:** Diabetes: Healthy Meal Planning**Presenter:** FNIHB Dietetic Intern Student**Link:**[**https://zoom.us/j/97000944157**](https://zoom.us/j/97000944157) | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 2710:00am-11:00am**Topic:** Physical Activity**Presenter:** Elizabeth Proskurnik, SERDC Tribal Diabetes Coordinator**Link:**[**https://zoom.us/j/91785851040**](https://zoom.us/j/91785851040) | 28 | 29 | 30 | 31 |

**June 2024**

**Topic (Week 2):** Overview of Nuton Programs

**Presenter (Week 2):** Amanda Hamel and Tressa Beaulieu, Nuton Dietitians

**Link:** [**https://zoom.us/j/97847570355**](https://zoom.us/j/97847570355)

**Topic (Week 4):** Breastfeeding Basics

**Presenter (Week 4):** Natalie Wowk-Slukynsky, FNIHB Regional Nutritionist

**Link:** [**https://zoom.us/j/94594220540**](https://zoom.us/j/94594220540)

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| 10 | 111:30-2:30pm**Topic:** Overview of Nuton Programs**Presenter:** Amanda Hamel and Tressa Beaulieu, Nuton Dietitians**Link:**[**https://zoom.us/j/97847570355**](https://zoom.us/j/97847570355) | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 2410:00am-11:00am**Topic:** Breastfeeding Basics **Presenter:** Natalie Wowk-Slukynsky, FNIHB Regional Nutritionist**Link:**[**https://zoom.us/j/94594220540**](https://zoom.us/j/94594220540) | 25 | 26 | 27 | 28 |