**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 | 9  1:30-2:30pm  **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 |
| 22  10:00am-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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| 5 | 6 | 7 | 8 | 9 |
| 12 | 13  1:30-2:30pm  **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 |
| 26  10:00am-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 | 12  1:30-2:30pm  **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 |
| 25  10:00am-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 | 9  1:30-2:30pm  **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 |
| 22  10:00am-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** |
|  |  | 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14  1:30-2:30pm  **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 |
| 27  10:00am-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** |
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11  1:30-2:30pm  **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 |
| 24  10:00am-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 |