

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>

Topic (Week 4): Sleep and Your Health

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

Link: <https://zoom.us/j/96799514001>

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	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	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>

Topic (Week 4): Food and Mood

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

Link: <https://zoom.us/j/91693096261>

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
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	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	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>

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

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

Link: <https://zoom.us/j/92261589186>

Monday	Tuesday	Wednesday	Thursday	Friday
				1
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	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	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>

Topic (Week 4): Diabetes and Heart Disease

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

Link: <https://zoom.us/j/97960111183>

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	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	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>

Topic (Week 4): Physical Activity

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

Link: <https://zoom.us/j/91785851040>

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	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	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>

Topic (Week 4): Breastfeeding Basics

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

Link: <https://zoom.us/j/94594220540>

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 1:30-2:30pm Topic: Overview of Nuton Programs Presenter: Amanda Hamel, Nuton Dietitian Link: https://zoom.us/j/97847570355	11	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	25	26	27	28