



D.A.W.N. Activities August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					All day Garden club	
3	4	5	6	7	8	9
	All day Garden club	9am- Diabetes 101 10am- CDSM 10am- Kidney Smart 1-5pm- Fitness	All day Garden club	Produce Wagon Day 10am- DSMT 1-7:30pm- Fitness 6pm- ATAH Nutrition/Cooking Session 6pm- DSMT	All day Garden club	
10	11	12	13	14	15	16
	All day Garden club	9am- Diabetes 101 9am- Farm to Table 10am- CDSM 1-5pm- Fitness	All day Garden club	Produce Wagon Day 10am- DSMT 12pm- Cooking Demo 1-7:30pm- Fitness 6pm- ATAH Nutrition/Cooking Session 6pm- DSMT	All day Garden club	
17	18	19	20	21	22	23
	All day Garden club	9am- Diabetes 101 10am- CDSM 12pm- Nutrition Class 1-5pm- Fitness	All day Garden club	Produce Wagon Day 10am- DSMT 12pm- Cooking Demo 1-7:30pm- Fitness 6pm- ATAH Nutrition/Cooking Session 6pm- DSMT	All day Garden club	
24	25	26	27	28	29	30
	All day Garden club	9am- Grocery Store Tour 10am- CDSM 12pm- Nutrition Class 1-5pm- Fitness 2pm- Foot Care	All day Garden club	Produce Wagon Day 12pm- Cooking Demo- "Soul Food Makeover Project" w/Chef Renee 1-7:30pm- Fitness	All day Garden club	
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Please see other side for course/activity descriptions

D.A.W.N. Center
Third WARD Multi-Service Center
3611 Ennis Street, Houston, Texas 77004
832-393-4055
Open: Tues 9am-5pm/Thursday 8am-8pm

Diabetes Self-Management Class (DSMT)

Learn how to better manage diabetes with a full mind, body, spirit approach! This series is for adults impacted by pre-diabetes and diabetes!

Chronic Disease Self-Management Class (CDSM)

Learn how to better manage any chronic disease with a full mind, body, spirit approach! This series is for adults impacted by any chronic disease!

Grocery Store Tour

Learn how to read labels for your favorite foods. Tour the grocery store!

Medication Management

Bring your medicines to discuss with the pharmacist after the presentation!

Fresh Produce Wagon

Buy fresh produce at D.A.W.N.

Nutrition

Learn how to better manage your diabetes and overall health through a series of nutrition education classes. Each class will focus on nutrition topics that will empower you to improve your well-being through healthy food choices.

Cooking Demos

Learn practical skills on how to prepare healthy and delicious meals. The cooking classes will teach you how to cook simple and easy meals using every day food/produce items.

Garden Club

Join our gardening club for free; learn how to garden and enjoy free produce on harvest days.

Fitness Instruction

Come work out with a Personal trainer!

Diabetes 101 Class

General overview of diabetes diagnosis, treatment and management.

Soul Food Makeover Project with Chef Renee

Learn creative and fun ways to retain flavor of traditional Soul Food without excess fat, sugar and salt.

Kidney Smart: Chronic Kidney Disease Talk (Davita)

Learn about kidney function and chronic kidney disease.