

DAWN Activities December 2015

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	All Day- Fitness Trainer Available 1030am- Strength Training 11am- Kidney Smart	All Day- Fitness Trainer Consultation 9am- 2pm- Nutrition Consultation 10am- DSMT Refresher 1030am- DAWN Walking Club	All Day- Fitness Trainer Available 10am- Nutrition/Cooking Demo with the Houston Food Bank 11am- Strength Training 530pm- DAWN Walking Club	8am-1pm- Fitness Trainer Available 1030am- DAWN Walking Club
7	8	9	10	11
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14	15	16	17	18
All Day- Fitness Trainer Available	All Day- Fitness Trainer Available 1030am- Strength Training	All Day- Fitness Trainer Consultation 9am- 2pm- Nutrition Consultation 1030am- DAWN Walking Club	 For Staff Training	8am-1pm- Fitness Trainer Available 1030am- DAWN Walking Club
21	22	23	24	25
All Day- Fitness Trainer Available	All Day- Fitness Trainer Available 1030am- Strength Training	All Day- Fitness Trainer Consultation 9am- 2pm- Nutrition Consultation 1030am- DAWN Walking Club 3pm-Dental Education w/Dentist	 CENTER IS CLOSED!	
28	29	30	31	Jan 1
All Day- Fitness Trainer Available	All Day- Fitness Trainer Available 1030am- Strength Training 2pm- Foot Care w/Dr. Gomez	All Day- Fitness Trainer Consultation 9am- 2pm- Nutrition Consultation 1030am- DAWN Walking Club	All Day- Fitness Trainer Available 10am- Nutrition/Cooking Demo with the Houston Food Bank 11am- Strength Training 530pm- DAWN Walking Club	 CENTER IS CLOSED

Please see other side for course/activity descriptions

DAWN Center
Third WARD Multi-Service Center
3611 Ennis Street, Houston, Texas 77004 Phone: **832-393-4055**
Open: Mon/Tues/Wed & Fri: 8am-5pm/Thursday 8am-8pm

Diabetes Self-Management Class (DSMT) 6 Part Series

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) 6 Part Series

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!

Nutrition Class

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.

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! Mon/Tues/Wed/Thurs- 8am to 5pm and Fri 8am to 1 pm.

Kidney Smart: Chronic Kidney Disease Talk (Davita)

Learn about kidney function and chronic kidney disease.

A Taste of African Heritage (ATOAH)-Cooking and Nutrition Education 6 Part Series

Learn simple and healthy meal preparation methods through interactive cooking classes. This 6-weeks class showcases foods from African Heritage.

Foot Care with Dr. Gomez

Learn more about proper foot care, diabetes related foot diseases and issues and foot examination.

Conversations Map 4 part Series

Be a part of small open and engaging discussion while learning the basics of diabetes. The sessions enable participants to learn from the knowledge and experience of one another.

Dental Education with a Dentist

Oral health education course for DAWN members will be provided monthly on the 3rd Wednesday, and will continue through December 16, 2015.