



DAWN Calendar- January 2016

Mon	Tue	Wed	Thu	Fri
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				 CENTER IS CLOSED
4	5	6	7	8
	1030am- Strength Training 11am- Kidney Smart	9am- 2pm- Nutrition Consultation 1030am- Walking Club	10am- Nutrition/Cooking Demo with the Houston Food Bank	1030am- Walking Club
11	12	13	14	15
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18	19	20	21	22
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25	26	27	28	29
9am- Road to Health (Prediabetes) 9am- Grocery Store Tour	10am- Wisdom. Power. Control (Diabetes) 1030am- Strength Training 2pm- Foot Care w/Dr. Gomez	1030am- Walking Club 5pm- Road to Health (Prediabetes)	8am to 5pm- <u>CENTER CLOSED FOR TRAINING</u> 530pm- Wisdom. Power. Control (Diabetes)	1030am- Walking Club

*****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/Fri: 8 am-5 pm

Wednesday/Thursday 8am-8pm

Road to Health For Prediabetes (12 week Series)

Learn preventive strategies like making healthier food choices and increasing physical activity to meet recommended guidelines and reduce your risk for developing diabetes. This 12- week series is for adults impacted by Pre-diabetes.

Wisdom Power and Control For Type 2 Diabetics (7 Week Series)

Learn how to manage your diabetes through this interactive, culturally sensitive nutritional program. The 7- week series is for adults impacted by Diabetes.

Grocery Store Tour

Meet at a local grocery store to learn more about reading labels of your favorite foods while touring the grocery store for tips on purchasing healthier foods and spices.

Nutrition Class

Learn how to better manage your overall health through nutritional education classes. Each class will focus on a specific nutritional topic that will enlighten you about healthy food choices & meal planning while introducing a variety of nutrient dense foods.

Garden Club

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

Fitness Instruction

Work out with a Personal Trainer who provides 1:1 personal or group instruction to ensure a safe and efficient work-out.

Strength Training Class

Build muscle in our group fitness class!

Walking Club

Come walk with us in a 3 mile instructional video.

Kidney Smart: Chronic Kidney Disease Talk (DaVita)

Learn about kidney function and chronic kidney disease from industry experts

Foot Care with Dr. Gomez

Learn more about preventive foot care, diabetes related foot conditions and get your questions answered by a podiatrist.