



DAWN Calendar- June 2016

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|---|
| | | 1 | 2 | 3 |
| | | <p>1030am- Walking Club</p> <p>5pm- Road to Health Session 6 (Prediabetes) *</p> <p>630pm- P-90</p> | <p>630pm- P-90</p> | <p>1030am- Walking Club</p> <p>10m- Road to Health Session 2 (Prediabetes-Spanish) *</p> <p> Office Closed</p> <p>12pm-5pm</p> |
| 6 | 7 | 8 | 9 | 10 |
| <p>10am- Road to Health Session 7 (Prediabetes) *</p> | <p>10am- Do Well. Be Well. Session 1 (Diabetics) *</p> <p> 12pm- Kidney Smart class</p> <p> 1230pm- Food tasting</p> | <p>1030am- Walking Club</p> <p>5pm- Road to Health Session 7 (Prediabetes) *</p> <p>630pm- P-90</p> | <p>530pm- Do Well. Be Well. Session 1 (Diabetics) *</p> <p>630pm- P-90</p> | <p>10m- Road to Health Session 3 (Prediabetes-Spanish) *</p> <p>1030am- Walking Club</p> |
| 13 | 14 | 15 | 16 | 17 |
| <p>10am- Road to Health Session 8 (Prediabetes) *</p> | <p>10am- Do Well. Be Well. Session 2 (Diabetics) *</p> <p>1230pm- Food tasting</p> | <p>1030am- Walking Club</p> <p>5pm- Road to Health Session 8 (Prediabetes) *</p> <p>630pm- P-90</p> | <p>530pm- Do Well. Be Well. Session 2 (Diabetics) *</p> <p>630pm- P-90</p> | <p>10m- Road to Health Session 4 (Prediabetes-Spanish) *</p> <p>1030am- Walking Club</p> |
| 20 | 21 | 22 | 23 | 24 |
| <p>10am- Road to Health Session 9 (Prediabetes) *</p> | <p>10am- Do Well. Be Well. Session 3 (Diabetics) *</p> <p>1230pm- Food tasting</p> | <p>1030am- Walking Club</p> <p>5pm- Road to Health Session 9 (Prediabetes) *</p> <p>11:30am- Cooking Demo</p> <p>630pm- P-90</p> | <p>530pm- Do Well. Be Well. Session 3 (Diabetics) *</p> <p>630pm- P-90</p> | <p>10m- Road to Health Session 5 (Prediabetes-Spanish) *</p> <p>1030am- Walking Club</p> |
| 27 | 28 | 29 | 30 | |
| <p>10am- Road to Health Session 10 (Prediabetes) *</p> | <p>10am- Do Well. Be Well. Session 4 (Diabetics) *</p> <p>1230pm- Food tasting</p> <p> 2pm- Foot Care w/Dr. Gomez</p> | <p>1030am- Walking Club</p> <p> 10am- Diabetes Support Group (2hr)</p> <p>5pm- Road to Health Session 10 (Prediabetes) *</p> <p>630pm- P-90</p> | <p>530pm- Do Well. Be Well. Session 4 (Diabetics) *</p> <p>630pm- P-90</p> | |

***enrollment required**

Please see other side for course/activity description

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.

Do Well Be Well For Type 2 Diabetics (6 Week Series)

Learn how to manage your diabetes through this interactive, culturally sensitive nutritional program. The 6- week series is for adults impacted by Diabetes.

Garden Club (Tues and Thursday 9am-11am)

Join our gardening club for free; learn how to garden and enjoy free produce on harvest days. Gardening is great exercise and its heart healthy!

Medication Management Therapy

Classroom and individual topic: polypharmacy, oral diabetic's medications and side effects, injectable medications and side effects, blood pressure and cholesterol medications and side effects, and important vaccinations for people with pre-diabetes/diabetes.

Fitness Instruction

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

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.

P-90 (1-hour)

Sculpt, Sweat and AB ripper modified exercises for those looking to take their fitness to the next level. The fitness activity involves fitness bands and small weights.