



D.A.W.N. Activities May 2015

Mon	Tue	Wed	Thu	Fri
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4	5	6	7	8
8am-5pm- Fitness Trainer Available 9am- Gardening Class	8am-5pm- Fitness Trainer Available 10am- Cooking Demo-Breakfast Series 10am- CDSM (2 nd Class) 10am- Kidney Smart	8am-5pm- Fitness Trainer Available 9am- Gardening Class 10am- Conversation Maps (1 st Class) 11am- Group Weight Management Class	8am-5pm- Fitness Trainer Available 10am- DSMT (3 rd Class) 10am- Nutrition Class- Road to Health 6pm- DSMT (3 rd Class) 6pm- Mediterranean lifestyle class (2 nd class)	8am-5pm- Fitness Trainer Available
11	12	13	14	15
8am-5pm- Fitness Trainer Available 9am- Gardening Class	8am-5pm- Fitness Trainer Available 10am- CDSM (3 rd Class) 10am- Nutrition Class- Road to Health 3pm- Movie Event- Obesity & Diabetes	8am-5pm- Fitness Trainer Available 9am- Gardening Class 10am- Conversation Maps (2 nd Class) 11am- Group Weight Management Class 2pm- Managing Stress	8am-5pm- Fitness Trainer Available 10am- DSMT (4 th Class) 10am- Cooking Demo- Breakfast Series 6pm- DSMT (4 th Class) 6pm- Mediterranean lifestyle class (3 rd class)	8am-5pm- Fitness Trainer Available
18	19	20	21	22
8am-5pm- Fitness Trainer Available 9am- Gardening Class	8am-5pm- Fitness Trainer Available 10am- CDSM (4 th Class) 10am- Kidney Smart 10am- Cooking Demo-Breakfast Series	8am-5pm- Fitness Trainer Available 9am- Gardening Class 10am- Conversation Maps (3 rd Class) 11am- Group Weight Management Class 2pm- Managing Stress 3pm- Dental Education w/Dr. Deyoung	8am-5pm- Fitness Trainer Available 10am- DSMT (5 th Class) 10am- Nutrition Class- Road to Health 6pm- DSMT (5 th Class) 6pm- Mediterranean lifestyle class (4 th class)	8am-5pm- Fitness Trainer Available
25	26	27	28	29
8am-5pm- Fitness Trainer Available 9am- Gardening Class	8am-5pm- Fitness Trainer Available 10am- CDSM (5 th Class) 10am- Nutrition Class- Road to Health 2pm- Foot Care w/Dr. Gomez	8am-5pm- Fitness Trainer Available 9am- Gardening Class 10am- Conversation Maps (4 th Class) 11am- Group Weight Management Class 2pm- Managing Stress	8am-5pm- Fitness Trainer Available 10am- DSMT (6 th Class) 10am- Cooking with Herbs- Special Nutrition Event 6pm- DSMT (6 th Class) 6pm- Mediterranean lifestyle class (5 th class)	8am-5pm- Fitness Trainer Available

Please see other side for course/activity descriptions

D.A.W.N. Center- Third WARD Multi-Service Center
3611 Ennis Street, Houston, Texas 77004 Phone: 832-393-4055
Open: Tues 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!

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.

Mediterranean Nutrition and Cooking Series 4 part Series

This course will touch on the history of the Mediterranean diet as well as teach you how to prepare simple, delicious and wholesome foods enjoyed by the people in the Mediterranean countries.