

# October- 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10a</b> – Road To Health Week 8*	<b>10a</b> – Wisdom. Power. Control. Week 2  <b>12p</b> - Kidney Smart Class	<b>1030a</b> - Walking Club <b>530p</b> - Road To Health Week 8*	<b>530p</b> – Wisdom. Power. Control. Week 2 <b>630p</b> - Strength Training with Caleb	<b>10a</b> - Si Yo Puedo (Spanish) Week 3 <b>1030a</b> - Walking Club
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>10a</b> – Road To Health Week 9*	<b>10a</b> – Wisdom. Power. Control. Week 3	<b>1030a</b> - Walking Club <b>530p</b> - Road To Health Week 9*	<b>530p</b> – Wisdom. Power. Control. Week 3 <b>630p</b> - Strength Training with Caleb	<b>10a</b> - Si Yo Puedo (Spanish) Week 4 <b>1030a</b> - Walking Club  <b>12p to 2pm</b> – Hispanic Heritage Celebration <b>1230p</b> – Cooking Demo
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>10a</b> – Road To Health Week 10* <b>1030a</b> - Walking Club	<b>10a</b> – Wisdom. Power. Control. Week 4	<b>1030a</b> - Walking Club <b>530p</b> - Road To Health Week 10*	<b>530p</b> – Wisdom. Power. Control. Week 4 <b>630p</b> - Strength Training with Caleb	<b>10a</b> - Si Yo Puedo (Spanish) Week 5 <b>1030a</b> - Walking Club
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>10a</b> – Road To Health Week 11* <b>1030a</b> - Walking Club	<b>10a</b> – Wisdom. Power. Control. Week 5 <b>1230p</b> – Cooking Demo  <b>2p</b> - Foot Care with Dr. Gomez	<b>1030a</b> - Walking Club <b>530p</b> - Road To Health Week 11*	<b>530p</b> – Wisdom. Power. Control. Week 5 <b>630p</b> - Strength Training with Caleb	<b>10a</b> - Si Yo Puedo (Spanish) Week 6 <b>1030a</b> - Walking Club <b>12-5p- Center Closed for Staff Training</b>
<b>31</b>				
<b>10a</b> – Road To Health Week 12* <b>1030a</b> - Walking Club 				

The center is closed the last Friday of the Month from 12-4pm for staff training!

# DAWN

## Wisdom. Power. Control For Type II Diabetics (WPC) (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.

## Road to Health For Prediabetes (RTH) (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.

## Si, Yo si Puedo! For Type 2 Diabetics (6 Week Series)

Si, Yo sí puedo! es un programa de educación para el autocontrol de la diabetes de 7 semanas basado en el principio de habilitación, con énfasis en el aumento de la autoeficacia de los participantes.

## 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!

## 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

Tired of walking alone? Join the DAWN walking club and walk a 5k with us.

## 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.

## Strength Training

An hour long class that works the entire body. All exercises are modified to fit individual needs. This fitness activity involves fitness bands, small weights and mats. Members are welcome to bring their own equipment.



### Meet the DAWN STAFF!!!

Left 1<sup>st</sup> row: Catherine, Pamela, Diana, Donyell and Shanice      Back: Billy, Nathalie, Caleb, Martha  
Right: Program Manager and Chief Nurse: LaQuisha Hervey

### MARK YOUR CALENDARS

#### ADA Tour De Cure

When: Oct 1<sup>st</sup>

Where: Waller ISD Stadium, 20735 Stokes Rd., Waller, TX 77484

#### National Kidney Health Walk

When: October 9<sup>th</sup> 10am-3pm

Where: 1500 McKinney St., Houston, 77010

#### WIN (When In Need) Program

When: October 15<sup>th</sup> 9am-1pm

Where: Houston Deliverance Center, 4025 Griggs Road, Houston, TX 77021

#### Houston Filipino Street Festival

When: October 29<sup>th</sup> 12pm-6pm

Where: Bayou City Events Center Pavilion 9401 Knight Dr., Houston Texas 77045



Diabetes Awareness and Wellness Network Center  
Third Ward Multi-Service Center 3611 Ennis, Houston,

Texas 77004  
832-393-4055

Email: DawnCenter@houstontx.gov  
Website: www.houstontx.gov/dawncenter



Filipino Young Professionals of Houston



American Diabetes Association.