



DAWN Calendar- April 2016

Mon	Tue	Wed	Thu	Fri
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				1030am- Walking Club
4	5	6	7	8
10am- Road to Health Session 11 (Prediabetes) *	0900am-Gardening 10am- Do Well. Be Well. Session 1 (Diabetics) *  12pm- Medication Management Therapy Session  12pm- Kidney Smart Class	1030am- Walking Club 5pm- Road to Health Session 11 (Prediabetes) *	0900am-Gardening 530pm- Do Well. Be Well. Session 1 (Diabetics) *	1030am- Walking Club
11	12	13	14	15
10am- Road to Health Session 12 (Prediabetes) *	0900am-Gardening 10am- Do Well. Be Well. Session 2 (Diabetics) *	1030am- Walking Club 5pm- Road to Health Session 12 (Prediabetes) * 615pm-Cooking Demo	 0900am- Vision screening for Adults 530pm- Do Well. Be Well. Session 2 (Diabetics) *	1030am- Walking Club 
18	19	20	21	22
	0900am-Gardening 10am- Do Well. Be Well. Session 3 (Diabetics) *	1030am- Walking Club 630pm- P-90	0900am-Gardening 530pm- Do Well. Be Well. Session 3 (Diabetics) *	1030am- Walking Club
25	26	27	28	29
10am- Road to Health Session 1 (Prediabetes) *	0900am-Gardening 10am- Do Well. Be Well. Session 4 (Diabetics) *  12pm- Foot Care w/Dr. Gomez	1030am- Walking Club 5pm- Road to Health Session 1 (Prediabetes) * 630pm- P-90	0900am-Gardening 530pm- Do Well. Be Well. Session 4 (Diabetics) *	

***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

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.