

THRIVE WITH DIABETES

FREE Online Diabetes Self-Management

This four part workshop includes:

1. Diabetes Overview
2. Healthy Eating and Exercise
3. Monitoring and Medications
4. Staying Motivated with Diabetes



Dates: 6/8, 6/15, 6/22, 6/29, 7/6 & 8/3

Time: 1:00-2:00 PM

Location: Virtual Meetings

For more information and class registration please contact us:

818-677-3102 or magaram.center@csun.edu

**Diabetes doesn't cause complications,
uncontrolled Diabetes does!**