

Learn to manage your Diabetes with our

Thrive with Diabetes

FREE Diabetes Education* + Exercise Program

Location: Center of Achievement located on CSUN campus

What is Included:

- Four exercise classes followed by:
- Four group workshops to learn:
 - Intro to Diabetes
 - Nutrition and Diabetes
 - Monitoring, Medications, & Exercise
 - Healthy Coping
- Two individual sessions with a Registered Dietitian
- Live food demonstrations

**Please email magaram.center@csun.edu or call
(818) 677-3102 for further information**



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Nutrition
Experts

CSUN

MARILYN MAGARAM CENTER
FOR FOOD SCIENCE,
NUTRITION AND DIETETICS