

# MARILYN MAGARAM CENTER

FOOD SCIENCE • NUTRITION • DIETETICS

**Nutrition**  
Experts

## THRIVE WITH DIABETES

### FREE Diabetes Self-Management Education

**This four part workshop includes:**

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



**DATES:** 1/13, 1/27, 2/3, 2/10, 2/24 & 3/23

**Time:** 2:00-3:00 PM

**Location:** ONEgeneration Senior Enrichment Center  
18255 Victory Blvd. Reseda, CA 91335

**For more information and class registration please contact us:  
818-677-3102 or [magaram.center@csun.edu](mailto:magaram.center@csun.edu)**

In Collaboration with ONEgeneration Senior Enrichment Center



**“Diabetes doesn’t cause complications,  
uncontrolled Diabetes does!”**