

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**

In Collaboration with ONEgeneration Senior Enrichment Center



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

(818) 677-3102
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