

Weight Management Made Easy

Nutrition Education Workshop Series with Live Food Demonstration
Every Friday 1:00 pm – 2:00 pm via Zoom

Session B

Apr 9, 2021 – Food Portions Made Easy

Apr 16, 2021 – Meal Planning Made Easy

Apr 23, 2021 – Forming Healthy Habits Made Easy

Apr 30, 2021 – Exercise Nutrition Made Easy

May 7, 2021 – Food Trends Made Easy

Registration Link : <https://bit.ly/3udwytV>

"Weight Management Made Easy" is a FREE 5-week workshop management created through CSUN's Marilyn Magaram Center Wellness Clinic. This series open to the general population and focuses on nutrition education for healthy weight maintenance. Each workshop includes a live demonstration. For more information, email magaram.center@csun.edu

Nutrition
Experts

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