

# MARILYN MAGARAM CENTER

FOOD SCIENCE • NUTRITION • DIETETICS

**Nutrition**  
Experts



## Healthy Eating 360°

### HR Workshop Series

Feel confident in your food choices anytime and anywhere!

#### Healthy Dining on Campus

Let CSUN do the meal prep. Find healthy meal, snack, and beverage options on campus.

**Thursday, September 14, 2017 (12:00pm-1:00pm) OV 16**

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#### Healthy Holiday Meals and Celebrations

Eat, sip, and celebrate your holiday meals and still feel your best.

**Thursday, October 12, 2017 (12:00pm-1:00pm) OV 16**

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#### Healthy Eating Through the Weekend Hustle

Your weekends are busy.

Find ways to eat healthy through Friday night gatherings, Saturday sporting events, and Sunday “Fun-day.”

**Thursday, March 8, 2018 (12:00pm-1:00pm) OV 16**

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#### Healthy Eating on the Road

Spend less time worrying about healthy meals on vacation.

Ideas for eating on road trips, airplanes, and hotels.

**Thursday, April 19, 2018 (12:00pm-1:00pm) OV 16**

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