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**Media Advisory**

**PNC presents “Healthy Eating Workshop” on  
How to Eat Smart on a Budget**

- WHAT:** The Student Recreation Center and Klotz Student Health Center are inviting all CSUN students, faculty and staff to attend the informative “Healthy Eating Workshop” presented by Peer Nutrition Counseling (PNC). All participants will learn how to eat smart on a budget by knowing the right way to grocery shop and putting meals together according to the USDA MyPlate standards for the least amount of money. Everyone in attendance will be entered into a raffle for a chance to win two personal training sessions or private instruction lessons at the SRC.
- WHO:** Amanda Christianson, SRC fitness coordinator, is in charge of planning this event.
- WHEN:** Thursday, Nov. 13 from 2 to 3 p.m. and Tuesday, Nov. 18 from 9:30 to 10:30 a.m.
- WHERE:** Thursday, Nov. 13 in the Van Nuys Room, USU and Tuesday, Nov. 18 in the Altadena Room, USU
- WHY:** Provide students an opportunity to gain insight toward a healthier lifestyle and knowledge on how to eat right on a budget.
- BACKGROUND:** Peer Nutrition Counseling is a free one-on-one nutrition counseling service at CSUN that is customized to fit each student’s specific needs—from dietary analyses to weight concerns. PNC advises participating students about healthy eating options on campus, how to read food labels and a range of nutritional issues.

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*The University Student Union (USU) is committed to providing inclusion, diversity, personal growth, and providing students with services such as food, study areas, computer labs, TV lounges and events. The USU includes the Student Recreation Center, Veterans Resource Center and Pride Center. To learn more, please visit [usu.csun.edu](http://usu.csun.edu).*