Six-Week Weight Management Program

Join for only $199 to receive
(10% discount for CSUN students/faculty/staff):
- Courses taught by Nutrition Experts
- 2 Body Composition Analyses
- 2 Dietary Analyses
- 1-30 minute Nutrition Counseling session
- 2 Cooking Demonstrations

Course topics include:
MyPlate, portion size & control, dining out, grocery shopping, meal planning & more!

Call the Marilyn Magaram Center to secure your spot!
(818) 677-3102

Check us out on our website:
www.csun.edu/marilyn-magaram-center
for an up-to-date list of all our services

**Services Separately, without the classes, cost $245!!


Location: CSUN Campus SQ112