

A collaboration between
the Marilyn Magaram Center for Food Science, Nutrition and Dietetics
and the Jennifer Diamond Cancer Foundation
are proud to present:

WHOLE BODY, WHOLE HEALTH WELLNESS WORKSHOPS

SEPT 26, OCT 24, NOV 7, NOV 21

WEDNESDAYS
9AM-12PM

9AM: WELLNESS GARDEN (1st & 3rd SESSIONS) BY KELSEY GOOD
GENTLE YOGA (2ND & 4TH SESSIONS) BY LIZ KAOH, RDN
10AM: EATING FOR CANCER PREVENTION BY SHELY SALEMNIA
COOKING DEMO BY CHEF SANDI LAMPERT, MS, CCE
11AM: LECTURE BY DR. JERRY KORNFELD, MD FAAFP

SEQUOIA HALL 112
MARILYN MAGARAM CENTER
California State University, Northridge
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JENNIFER DIAMOND
CANCER FOUNDATION

CSUN

MARILYN
MAGARAM
CENTER

Dr. Jerry Kornfeld, M.D.,FAAFP
You Have The Power

What role do our thoughts and emotions have on our health? Are our bodies and minds separate from each other or do they function as one? You will learn about the molecules of emotion, what they are and what effect they have on the immune system and your health. Also, the latest thinking about your life style, your genes and your cells and their role in longevity

Dr. Jerry is in demand all over the world because of his strong beliefs in the power of your mind on your health. He is a graduate of the University of California Schools of Public Health and School of Medicine. In addition he serves on the clinical faculty of the UCLA School of Medicine Dr. Jerry has spent the past 40 plus years in the trenches of clinical medicine practicing as a Family Doctor. He also served as Chief of Family Practice at Northridge Hospital.

He is one of the top rated speakers for Vistage International, a worldwide organization of CEO's. With over 300 talks to his credit,He travels the world educating corporate executives and their employees about their most important ASSET, their health and the role their attitude plays in dealing with disease. He was named "Speaker of the Year" for TEC (Vistage) Australia and recently completed a 3 week lecture tour of the UK (England and Ireland).

Dr. Kornfeld is also in great demand on many cruise ships because of his high ratings from the passengers. He has appeared on national television as the medical commentator for the nationally syndicated TV show, "Body BY Jake". He also served as Regis Philbins TV doctor when Regis had his morning show on KABC in Los Angeles. He was the first medical reporter for KABC Eyewitness news (ABC TV) in Los Angeles.

Dr. Kornfeld has been seen or heard on CNBC TV, FOX TV, KABC talk radio, CBS. He has appeared frequently on KTLA TV in Los Angeles with his "Ask Dr. Jerry" segment where he shares his personal experiences on the role your lifestyle plays in your health.

He is the author of "*YOUR 100 YEAR HEART*" a book that deals with his observations that the number one killer of both men and women, to a great extent. is preventable. He shares with the reader the latest scientific data on the things they can do to prevent and possibly reverse this disease from occurring.

Wherever he goes, audiences all report that he has the gift of being able to take a confusing and sometimes complicated subject to a level that is easily understood. He does this in such a light and pleasant way most of those present do not want him to stop. He is a "Family Doctor" in the traditional sense, and you will feel better just listening to him.

Cooking for Health

Article from <http://csunshinetoday.csun.edu/health-and-fitness/the-magaram-center-hosts-cooking-for-health-workshop-for-cancer-patients/>



The Marilyn Magaram Center for Food Science, Nutrition and Dietetics (MMC) and the Jennifer Diamond Cancer Foundation have begun a journey together in efforts to serve the San Fernando Valley's cancer patients. This operation helps those in cancer recovery, providing food and nutritional support workshops.

Patients and friends and family of the patients who attended the workshop got to watch a cooking demonstration and sample foods, they got to learn about new recipes to take home and take a tour of the Magaram Center's Wellness Garden.

This workshop gave cancer patients the chance to learn about several nutritional habits and cooking recipes. According to Annette Besnilian, professor and executive director of the Maragam Center, the goal of this event is to provide comprehensive support services for the cancer patients in the local area. The foundation notified the patients to come to the workshop.

"The Jennifer Diamond Cancer Foundation is providing resources to families in the San Fernando Valley that need the support," Besnilian said. "And we have so many resources on campus and with the Marilyn Magaram Center, cooking and eating healthy is important. This is a great opportunity for us to be able to provide our expertise when it comes to nutrition."

A lot of the ingredients the two demonstrators used were organic and healthy products. Everyone who attended the workshop was able to taste and sample the foods prepared for them. Anyone who was in the room could hear the pots and pans from the kitchen. The participants could smell the fresh ingredients.

Besnilian stressed the importance of nutrition and diet to help prevent cancer. The collaboration can give patients and survivors the resources they need during treatment. "It is so important for cancer patients to eat healthy and obtain all the nutrients necessary," Besnilian said.

Parking aFlyer 9/t CSUN

Short-term parking is available in lots B4, D1, F2, and G3. You must get a ticket (face up on your dashboard) from one of the pay stations on each level of the parking structure. Pay stations accept coins, cash or debit/credit cards.

Campus Map

CSUN CALIFORNIA STATE UNIVERSITY NORTHRIDGE

18111 Nordhoff Street - Northridge, CA 91330
 Information: 818.677.1200 - Police Services: 818.677.2111
 www.csun.edu



LEGEND

- Parking
- Event Sites
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- Pay-By-Space
- Employee Only
- P Parking
- A Access Paratransit Pick-up/Drop-off
- E Emergency Blue Light Phone
- E Electric Vehicle Charging Station

0 250 500 1000 feet
 0 125 250 miles



- Building Name—Grid Location
- AK Addie Klotz Student Health Center—F3
 - Alumni Relations, Reseda Annex—A4
 - AA Asian American Activities Center—B6
 - AC Art and Design Center—D6
 - MFA Studios [AC]—D6
 - AG Art Gallery—D6
 - Armer Screening Room [MZ100]—D2
 - AR Arbor Grill—D5
 - BB Bookstein Hall—C5
 - BC The Abbott and Linda Brown Western Center for Adaptive Aquatic Therapy—F5
 - Baseball Field—F7
 - BH Bayramian Hall—C4
 - BL Black House—B6
 - BP Donald Bianchi Planetarium—E3
 - Campus Theatre [NH100]—C1
 - CC Children's Center—B6
 - CH Chicano House—D5
 - CP Central Plant—C6
 - CPS Community Policing Substation—G7
 - Composting Center—F7
 - CR Chaparral Hall—F3
 - CS Citrus Hall—E3
 - CSC Campus Store Complex—E2
 - CY Cypress Hall—D1
 - Recital Hall [CY158]
 - EA Education Administration—C5
 - ED Education—C5
 - East Field—G5
 - EH Eucalyptus Hall—E3
 - EU Extended University Commons—B4
 - FT Fitness Center/Nautilus—E6
 - GR Greenhouse—F3
 - GS Grand Salon—F4
 - High Ropes Challenge Course (HRCC)—E6
 - IA Intercollegiate Athletics Office—F5
 - JA C.R. Johnson Auditorium—D5
 - JC Jeanne Chisholm Hall/NCOD—F2
 - JD Jacaranda Hall—E5
 - JP Jogging Path—F6
 - JR Jerome Richfield Hall—C3
 - LA Kurland Lecture Hall—E1
 - KCSN 88.5 [LA380]—E1
 - LH Laurel Hall—D5
 - LL Lilac Hall—D5
 - Little Theatre [NH121]
 - LO Live Oak Hall—E3
 - LS Child and Family Studies Lab School—B6
 - MG Magnolia Hall—E4
 - Matadome [RE140]—F5
 - MH Monterey Hall—G1
 - MT Matador Hall—E6
 - MZ Manzanita Hall—D2
 - Armer Screening Room [MZ100]
 - NA Charles H. Noski Auditorium—C5
 - North Field—F6
 - NH Nordhoff Hall—C1
 - Little Theatre [NH121]
 - Campus Theatre [NH100]
 - OGB Orange Grove Bistro—F1
 - OV Delmar T. Oviatt Library—D4
 - OWC Oasis Wellness Center—F4
 - PDS Plaza del Sol Performance Hall—F4
 - PPM Physical Plant Mgmt./Corp. Yard—C6
 - PS Police Services—B3
 - RE Redwood Hall—F5
 - Matadome [RE140]—F5
 - Recital Hall [CY158]—D1
 - Sand Volleyball—E6
 - Softball Field—F6
 - SB Sustainability Center—F4
 - SC Sierra Center—C3
 - SG Sagebrush Hall—E5
 - SH Sierra Hall—C3
 - Whitsett Room [SH451]
 - SN Santa Susana Hall—D2
 - Soccer Practice Field—F7
 - Soccer Plaza & Field—G6
 - SQ Sequoia Hall—E4
 - SRC Student Recreation Center—G4
 - ST Sierra Tower—C3
 - Track—F8
 - Transit Station—B4
 - TH Experimental Theatre—E1
 - TS The Soraya—E1
 - Younes and Soraya Nazarian Center for the Performing Arts
 - Tennis Courts—G6
 - UN University Hall—B4
 - UP University Park Apartments—F-G, 8-9
 - USU University Student Union—F4
 - UV University Village Apartments—G11
 - Whitsett Room [SH451]—C3
 - WC Women's Research and Resource Center—B6