

# THRIVE WITH DIABETES

## FREE ONLINE DIABETES MANAGEMENT PROGRAM

### What can I expect to learn from this program?

This program teaches you how to properly manage your diabetes through a number of avenues. Healthy eating and exercise are the two best ways to manage diabetes. You will also learn how to properly manage your blood sugar and medications. The program will help inspire you to stay motivated and be proactive!

### Breakdown of Program

Note that because of the structure of the classes, it is best to attend all the classes.

#### Meetings 1 & 6

A 15-minute individual appointment with a Registered Dietitian to discuss the individual's unique goals

#### Meetings 2-5

1 Hour Group Classes:

- *Diabetes Overview (1/19)*
- *Diabetes & Nutrition (1/21)*
- *Monitoring & Medications (1/26)*
- *Staying Motivated with Diabetes (1/28)*

#### How can I get started?

Email us at [magaram.center@csun.edu](mailto:magaram.center@csun.edu) for more information about signing up!



### Schedule

**1/14:** Individual Assessment (By Appointment)

**1/19:** Group Class (6pm)

**1/21:** Group Class (6pm)

**1/26:** Group Class (6pm)

**1/28:** Group Class (6pm)

**2/23:** Individual Re-Assessment (By Appointment)

**Location:** Virtual Meetings via Zoom