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Media Advisory

Escape the Stress of Student Life with Art for Wellness Programs at the Oasis

- WHAT:** The new Oasis Wellness Center at the University Student Union is offering great art for wellness opportunities for all CSUN students with two painting programs, “Relax. Revive. Create” and “Contemplation Painting.”
- WHO:** Tiffany Shanks, Oasis Wellness Manager, is responsible for coordinating these events as well as art instructor Fabia Panjarian.
- WHEN:** Thursdays at 3:15 to 4:15 p.m. starting on Thursday, Oct. 1 -
“Relax. Revive. Create.”
Thursdays at 4:30 to 6 p.m. starting on Thursday, Oct. 1 -
“Contemplation Painting”
*Beginning on Oct. 29 class times will be on Thursday from 3 to 4 p.m. and 1:15 to 2:45 p.m.
- WHERE:** Oasis Wellness Center
- WHY:** Provide an opportunity for CSUN students to de-stress through art for wellness painting programs.
- BACKGROUND:** “Relax. Revive. Create” is a creative workshop for students to paint in a relaxing environment. Participants can create Zentangle inspired patterns or be inspired to create a mixed media painting. The Oasis garden will provide a beautiful setting for finding inspiration from plants and flowers during “Contemplation Painting.” Students can create a painting inspired by ancient West African wisdom symbol or experience their own spontaneous opportunity to artfully decorate a three-dimensional object. All art materials will be provided for free each session. Space is limited and a first-come, first-served basis.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.