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Media Advisory

Learn the 411 on Proper Body Movement and Stress Reduction at the Oasis Wellness Center's "Chiropractic Workshops"

- WHAT:** The Oasis Wellness Center at the University Student Union invites all CSUN students to attend our free "Chiropractic Workshops" this semester to enhance your knowledge of body mechanics, posture and proper lifting.
- WHO:** Tiffany Shanks, Wellness Center Manager, and Dr. Robert Patterson, Chiropractor of the Klotz Student Health Center, are responsible for this event.
- WHEN:** Wednesday, Feb. 17 and Wednesday, Mar. 16 from 1 to 2 p.m.
- WHERE:** Oasis Wellness Center at the University Student Union
- WHY:** To help students learn how to reduce stress and gain chiropractic knowledge they can apply in their day-to-day life to enhance health and wellness.
- BACKGROUND:** Dr. Robert Patterson of the Klotz Student Health Center will conduct "Chiropractic Workshops" focused on stress reduction as well as body mechanics, posture and proper lifting. Dr. Patterson will also discuss the optimal weight for backpacks to highlight the dangers of carrying one that's too heavy. Attendees will also have the chance to weigh their loaded backpacks. Online registration for the workshops opens 24 hours before the scheduled date. For more information about "Chiropractic Workshops" or the Oasis Wellness Center, please visit www.csun.edu/oasis.

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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.