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## Media Advisory

### “How to Travel Healthy Internationally” Workshop at the Oasis Gives Students the Basics on Safe and Healthy Travel Abroad

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students planning a trip abroad this year to attend its workshop “How to Travel Healthy Internationally”. It will provide any international traveler with important information about traveling safely and healthily, as well as essential immunization requirements– and it’s all completely FREE.
- WHO:** Wellness Center Manager Angela Faissal and Dr. James Merrin of the Klotz Student Health Center are responsible for coordinating this event.
- WHEN:** Thursday, Oct. 27 from 1:30 to 2:30 p.m.
- WHERE:** Oasis Wellness Center: Serenity USU
- WHY:** Give students a convenient opportunity to gain the proper knowledge they need when traveling abroad just in time for winter break vacation preparation.
- BACKGROUND:** This workshop will break down everything you need to know in the simplest terms about having a healthy trip, including how to keep up-to-date with immunizations. Students will get a range of helpful traveling tips in order to stay healthy while taking vacation time. Sign up 24 hours before the workshop to reserve your space on the Oasis MindBody Portal. For more info on “How to Travel Healthy Internationally” or the Oasis Wellness Center, please visit [www.csun.edu/programs/oasis](http://www.csun.edu/programs/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](http://www.csun.edu/usu).*