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## Media Advisory

### “Motivational Mondays” to Get Matadors Recharged in Time for Finals

- WHAT:** The Oasis Wellness Center at the University Student Union invites all CSUN students to attend a new series of workshops called “Motivational Mondays”. Students will explore, develop and refine skills supporting stress reduction and management and be better positioned for a good night’s sleep.
- WHO:** Sandra Salute, Assistant Director of Fitness and Wellness, and Wendy Yost, Workshop Facilitator, are responsible for coordinating this event.
- WHEN:** Every Monday starting April 4 from 2 to 3 p.m.
- WHERE:** Oasis Wellness Center at the University Student Union
- WHY:** Provide students with a safe space to self-reflect and build skills to support stress reduction.
- BACKGROUND:** “Motivational Mondays” focuses on different topics every week that are tailored to meet the needs of CSUN students. Each workshop will include a mix of inspiring and engaging skill-building activities, opportunities for personal reflection and opportunities for coaching. You can sign up online every Friday before each Monday workshop. For more info on “Motivational Mondays” or the Oasis Wellness Center, please visit [csun.edu/oasis](http://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](http://www.csun.edu/usu).*