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**FOR IMMEDIATE RELEASE**

**“International Traveler Workshop” at the Oasis Wellness Center  
Offers Important Tips for a Safe and Healthy Trip Abroad**

Northridge — The Oasis Wellness Center at the University Student Union (USU) encourages all CSUN students who are planning to take a trip abroad this year to attend its “International Traveler Workshop” on Thursday, Feb. 11 from 12 to 1 p.m. In this informative presentation, Dr. Samia Boctor of the Klotz Student Health Center will cover everything you need to know about traveling healthy.

“Many students want to go on trips for Spring Break but are often left disappointed because they learn too late about required immunizations they must have to travel abroad”, said Tiffany Shanks, Oasis Wellness Center Manager, “This workshop will break down everything you need to know about having a healthy trip in the simplest of terms, including how to keep up-to-date with immunizations.”

The “International Traveler Workshop” is scheduled just in time for students who have plans to travel during Spring Break so that they can arrange to get their proper immunizations at Klotz Student Health Center. Dr. Boctor will also go over helpful traveling tips in order to help you stay healthy while taking your vacation time.



Students interested in attending can sign up 24 hours before the workshop to reserve their space. For more information on the “International Traveler Workshop” or the Oasis Wellness Center, please visit [www.csun.edu/oasis](http://www.csun.edu/oasis) or contact the Oasis Wellness Center at [oasis@csun.edu](mailto:oasis@csun.edu).

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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).*