

March 6, 2016

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FOR IMMEDIATE RELEASE

**CSUN Students Invited to Relax after Stressful Midterms
during “Spring Into Wellness” Week at The Oasis**

Northridge- The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to enjoy its reinvigorating “Spring Into Wellness” event, an exciting week of personal rejuvenation from Monday, March 13 to Thursday, March 16. The week-long experience offers a variety of free wellness activities and programs specially created to provide stress relief and get students recharged for the rest of the semester. All of the special programs are open to every CSUN student.

“This week of stress relief for students is one of our favorite programs that we offer to the CSUN students to help them escape the busy academic life and find a welcoming refuge right on campus,” said Angela Faissal, Oasis Wellness Center Manager. “The various programs are intended to help mentally reset and revive participants to better handle their non-stop schedules.”

On Monday from 9:30 to 11 a.m., kick off your week by centering your body and soul with Soul Limber Yoga at the Plaza Pool. Next, from 11 a.m. to 1 p.m., unleash your creativity at Craft Creations at the Oasis Wellness Center. Then finish the day with one of the Oasis’ most popular activities, Puppy Play from 2 to 4 p.m.

On Tuesday from 4 to 6 p.m., you can take a break from technology to connect offline with your peers at Unplugged. Participants will have time to get out their thoughts on paper,

whether it be through poetry, lyrics or short story, and share their creations with each other to experience stress relief through self-expression.

If you missed out on Craft Creations on Monday, you can attend Wednesday's program from 10:30 a.m. to 12:30 p.m. That afternoon, it's time to experience a revolutionary meditation session coming to CSUN for the first time: Sound Healing with Torkom Ji from 3:30 to 5 p.m. Facilitated by the renowned sound architect, this one of a kind meditation technique utilizes sound and music vibrations to reach a new level of therapeutic relaxation.

Last but certainly not least, come back to the Oasis on Thursday for another round of Puppy Play from 12 to 2 p.m.. These puppies never fail to bring a smile to every participant's face, don't miss out on the second installment of this popular activity

For more information on "Spring into Wellness" week or the Oasis Wellness Center, please visit www.csun.edu/oasis or contact the Oasis at 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.