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**FOR IMMEDIATE RELEASE**

**Oasis Wellness Center Now Offering Additional Programs and Services**

Northridge-The new Oasis Wellness Center at the University Student Union now has even more ways for you to escape the rush and activity of campus life. Students can discover the Oasis for themselves through a variety of programs and services intended to alleviate stress and promote overall wellness.

“We have a variety of wellness programs and services for all current CSUN students including relaxing meditation classes, yoga, peer nutrition counseling and more,” said Oasis Wellness Center Manager, Tiffany Shanks. “All of these programs were made to benefit all CSUN students and help them achieve overall wellness.”

Students can now sign up for meditation classes, yoga, massage therapy, acupuncture, peer nutrition counseling, sleep management skill series and more. All current CSUN students are members of the Oasis at no additional fee. In order to access the Oasis, each student will need to register at the front desk at the Oasis or SRC. Access to most Oasis workshops, classes and skill series as well as its indoor and outdoor lounge spaces is limited to enrolled CSUN students at this time.

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However, the Oasis does offer selected fee-based services on-premises to faculty and staff provided by the Klotz Student Health Center, including massage therapy, acupuncture and nutritional counseling from a Registered Dietician. In addition, faculty and staff can schedule free nutrition counseling appointments with Peer Nutrition Counselors from the College of Health and Human Development.

Visit the Oasis website for a complete schedule of programs. Register any time online or through the Klotz Student Health Center. For more information, please contact Oasis Wellness Center Manager, Tiffany Shanks at [tiffany.shanks@csun.edu](mailto:tiffany.shanks@csun.edu) or visit [www.csun.edu/oasis](http://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](http://www.csun.edu/usu).*