

September 6, 2016

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FOR IMMEDIATE RELEASE

**“Welcome to Wellness” at the Oasis Invites All Students
to Preview its Full Range of Relaxing Resources**

Northridge –The Oasis Wellness Center at the University Student Union (USU) is inviting all CSUN students to explore the multitude of services and programs available to them at “Welcome to Wellness”. On Tuesday, Sept. 20 from 11 a.m. to 2 p.m., students can come down to this free event at the Oasis and the adjacent Plaza Pool to experience all of the various activities and demonstrations available, along with the chance to win cool prizes.

“This is the perfect event for every CSUN student to check out our great facility to learn exactly what the Oasis has to offer,” said Wellness Center Manager, Angela Faissal. “We are happy to provide this free one-day event to all students so they can understand how to take full advantage at the Oasis to benefit their health and wellness.”

There will be an exciting range of fun activities including 5-minute massage chairs, a Wellness Wishing Tree in front of the Oasis Labyrinth, an Art Corner and a trail mix bar along with the Wellness Farmer’s Market and a water and tea station.

Students will also receive helpful wellness tips including Nap Pod demonstrations and information from the various organizations that will be tabling at the event. Want to experience an Oasis Workshop firsthand? Register online for the “Centering with Scents

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Workshop” taking place from 12 to 12:30 p.m. and again from 12:30 to 1 p.m. in the Oasis Vitality Room

Students in attendance will be given an event passport they can fill with stamps as they participate in each part of the event and become eligible to win raffle prizes. Prizes will include an Oasis tote bag and Two Wellness Farmer’s market items with 3 stamps , a raffle entry to win a Fitness Essentials Package with 5 stamps and a raffle entry to win a Wellness Essentials Package with 8 stamps.

Students will also receive a paper leaf to participate in the Wellness Tree and a special stamp if they start following the Oasis on any social media. The first 100 students to attend the event will also receive a free Oasis coloring book.

Learn all the ways you can improve your life right here on campus at “Welcome To Wellness”! For more information, please visit www.csun.edu/oasis or call the Oasis Wellness Center at (818)677-7373.

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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.