

February 10, 2016

Contact: Cheyenne Chavez, Public Relations Assistant
cheyenne.chavez.265@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

FOR IMMEDIATE RELEASE

**“Wellbeing Workshops” at the Oasis Wellness Center
Focus on Student Health and Dealing with College Life**

Northridge — The Oasis Wellness Center at the University Student Union (USU) encourages all CSUN students to enhance their college experience by attending the “Wellbeing Workshop” Series. Presented in collaboration with the Klotz Student Health Center, the workshops start this month and continue until April in the Oasis Wellness Center’s Vitality Room. This beneficial series of workshops covers four relevant and informative topics including safe college partying, general healthy habits, sexual health and sleep and stress management.

“Students very commonly get caught up with school, work and their social lives during the semester and can easily neglect their wellbeing in the process,” said Tiffany Shanks, Oasis Wellness Center Manager, “The ‘Wellbeing Workshops’ gives students the chance to slow down and focus on keeping their minds and bodies in the best condition possible.”

“The 5 Ps of Partying: Your Guide to Safer College Partying” workshop will meet from 10 to 11 a.m. on Monday, March 7 and April 4. This workshop focuses on harm reduction rather than a “just say no” approach regarding alcohol and drug use at parties. Through an interactive presentation incorporating quizzes, videos and group discussions, students can identify the negative and harmful consequences of alcohol and drug use.

- More -

On Tuesday, Feb. 9, March 15 and April 19 from 10 to 11 a.m., students can focus on healthier habits with “Mata’door’ to Wellness: Healthy Habits to Help You Thrive”. This presentation will touch upon six areas of health including stress management, sleep improvement, substance abuse prevention, exercise, healthy eating and sexual and reproductive health. There will also be information about all on-campus resources available to students in each of these areas.

On Thursday, Feb. 18, March 10, April 14 from 10 to 11 a.m., the “Sexual Health Education” workshop will cover the basics of sexually transmitted diseases, contraception as well as Klotz Student Health Center resources. Attendees should be advised that the sexually transmitted diseases portion will include graphic photos.

The “Sleep & Stress Management” presentation will be a three part series on Tuesday, Feb. 23, March 29 and April 26 from 12 to 1 p.m. The first workshop will be information on everything you need to know about stress management and resources on campus that address it. The second will cover information on all things related to sleep improvement as well as resources to address the issue of sleep deprivation. The final workshop will be the experimental portion. There will be a brief overview of the information covered in workshop one and two followed by the facilitator taking the attendees through stress management and relaxation techniques, including guided meditation, aromatherapy and deep breathing.

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

###

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.