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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

**“Crunch Time” at the University Student Union Offers
Stress Relief for CSUN Students during Finals**

Northridge — The University Student Union (USU) is back with the solution to that finals week meltdown too many CSUN students go through during finals season. All Matadors are invited to take advantage of “Crunch Time”, the well-timed stress relief event over the two important weeks from Monday, May 8 to Thursday, May 11 and then again from Monday, May 15 to Thursday, May 18 at the USU. Don’t fall victim to the test taking blues! Come and treat yourself to tasty snacks, hot breakfast, beverages, exam supplies, massages, and crafts, as well as quiet and relaxing study places – all FREE at the USU!

“Finals are the prime time when students tend to forget the importance of taking care of themselves as they complete their semesters,” said Events Supervisor Randy Sorensen. “But the USU has their back with ‘Crunch Time’. It’s two-weeks of free food, great giveaways and fun activities to help CSUN students find academic success!”

From Monday, May 8 to Thursday, May 11, between 11 a.m. and 1 p.m. in the East Conference Center of the USU, students can enjoy a range of attractions. Along with the free snacks, beverages, exam supplies and study spaces, they can indulge in free facials, massages and Craft Corner activities.

During the second week of “Crunch Time” from Monday, May 15 to Thursday, May 18, students can start their day by fueling their brains from 7:30 to 9 a.m. with a free hot breakfast in the Plaza del Sol at the USU. There will also be more exam supply giveaways and as always, many options for quiet study spaces and work areas all throughout the USU.

All CSUN students are welcome to treat themselves and finish the semester strong at “Crunch Time”! For more information, please visit www.csun.edu/usu or contact Events Supervisor Randy Sorensen at randy.sorensen@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.