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Media Advisory

“Contemplation Painting” Offers a Creative Solution to Student Stress at the Oasis Wellness Center

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to slip away from the rush and stress of classes at a “Contemplation Painting” workshop this semester. It’s the perfect way to relax, de-stress and get in touch with your artistic side – all completely FREE.
- WHO:** Angela Faissal, Wellness Center Manager, is responsible for coordinating this event.
- WHEN:** Every Tuesday at 2:30 to 4 p.m. from Sep. 6 to Dec. 6 (Excluding Sep. 20)
- WHERE:** Oasis Wellness Center: Contemplation Garden (USU)
- WHY:** Help students relieve stress from campus life by embracing their creativity in the serene and inspiring setting of the Oasis Contemplation Garden.
- BACKGROUND:** “Contemplation Painting” lets attendees get in touch with their surroundings and find inspiration in the plants and flowers of the Contemplation Garden, as well as ancient West African Wisdom Symbols. The Oasis will provide all art materials needed to release each student’s creativity. Register one day in advance through the Oasis MindBody Online Portal. For more info on “Contemplation Painting” or the Oasis Wellness Center, please visit www.csun.edu/oasis/programs.

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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.