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**Media Advisory**

**“Take a Seat: Matter of Fact...Have Several” Bringing  
Healthy Discussion on Body Image to the Oasis**

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to a new workshop series called “Take a Seat: Matter of Fact... Have Several”. This completely free workshop will highlight the topics of body image and depression while specifically addressing how to improve physical and mental health through a guided imagery exercise.
- WHO:** Angela Faissal, Wellness Center Manager, is responsible for coordinating this event. The event will be facilitated by University Counseling Services.
- WHEN:** 1 to 2 p.m. on the second Thursday of each month until Dec. 8
- WHERE:** Oasis Wellness Center at the USU
- WHY:** Provide students with a safe space to learn techniques in enhancing their physical and mental health.
- BACKGROUND:** The guided imagery exercise that will be included in this workshop will make use of the participants’ own imagination in order to influence the body’s overall mood. The workshop will also address stress management, positivity, blood-pressure reduction, positive decision-making and overall mindfulness. You can register today on the Oasis MindBody Portal. Please visit [www.csun.edu/oasis/programs](http://www.csun.edu/oasis/programs) for more information.

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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).*