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## Media Advisory

### **Students Encouraged to Explore Their Mindfulness at “Mindfulness Mondays” in the Oasis Wellness Center**

- WHAT:** The Oasis Wellness Center at the University Student Union invites all CSUN students to attend “Mindfulness Mondays”, a free series of classes where students can learn about, practice and discuss various forms of mindfulness which include focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations.
- WHO:** Tiffany Shanks, Wellness Center Manager, and Dr. David Boyns of the Institute for Community Health and Wellbeing are responsible for this event.
- WHEN:** Monday, Feb. 15 and continuing every first and third Monday of every month from noon to 12:45 p.m.
- WHERE:** Oasis Wellness Center at the University Student Union
- WHY:** To benefit students by helping them become more mindful in their everyday lives.
- BACKGROUND:** Students are encouraged to attend these free classes to explore their mindfulness. Attendees will learn different techniques and methods they can apply in their everyday lives to be more mindful. There will also be discussions the essence of what it means to be mindful and why it’s so important. Online registration for the classes opens 24 hours before the scheduled date. For more information about “Mindfulness Mondays” or the Oasis Wellness Center, please visit [www.csun.edu/oasis](http://www.csun.edu/oasis).

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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).*