



November 8, 2018

Contact: Kyle Hufnagel, Copywriter
kyle.hufnagel@csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

**Experience an Ultra-Cool Nap Pod to Earn Rewards
and Win Prizes at the Oasis Wellness Center**

- WHAT:** The Oasis Wellness Center of the University Student Union (USU) invites all CSUN students to be a part of the power nap revolution by taking advantage of our cozy and convenient Nap Pods. Students can become a Frequent Napper to take advantage of special perks like Oasis T-Shirts, raffles and more! Booking a Nap Pod is easy through the MINDBODY Portal and free to CSUN students.
- WHO:** Richard Cardona, Wellness Center Manager, is responsible for coordinating this event.
- WHEN:** This event is ongoing.
- WHERE:** Oasis Wellness Center at the USU.
- WHY:** Enhancing student wellness by providing an accessible, comfortable and safe napping environment on campus.
- BACKGROUND:** Nap Pods provide CSUN students an opportunity to relax and recharge in a convenient on-campus location. To book a Nap Pod, CSUN students must register online through the Oasis MINDBODY Portal up to 24 hours in advance or in person at the Oasis Wellness Center...Where Matadors can relax, revive and succeed! For more information on Nap Pods and the Oasis, please visit csun.edu/oasis. For more information about the University Student Union, please visit csun.edu/usu.

###

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.