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Contact: Lilibeth Orozco, Public Relations Assistant
lilibeth.orozco.185@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Alert

Get Up and Get Moving with “Recreation Recharge” from the VRC

- WHAT:** The Veterans Resource Center (VRC) of the University Student Union (USU) invites all CSUN veterans and military connected students to show off their health kick while staying safe at home through the fun virtual event, “Recreation Recharge”. Get up and get moving with this interactive health challenge where you just take a photo of yourself being active and post it on the VRC’s Instagram and Facebook pages to earn points and get the chance to enter a raffle to win a grand prize. The more photos you post, the greater your chance of winning. So, get ready, smile, and say cheese on your hikes, workouts or other activities with the VRC!
- WHO:** Paulo Iparraguire, VRC Supervisor, is responsible for this event.
- WHEN:** Monday, July 20 to Monday, Aug. 3.
- WHERE:** Photos will be posted on VRC’S Instagram or Facebook.
- WHY:** This is a great opportunity for CSUN veterans and military-connected students to stay connected with their campus as well as engage in fun virtual activities.
- BACKGROUND:** “Recreation Recharge” is your chance to get moving, get involved and check out what other Student Veterans or military-connected Matadors are doing to stay active. If you want to opt out of having your photos posted on social media but still want to participate in the challenge, just email them to the VRC at Vrc@csun.edu.
For more details on the event, please visit csun.edu/vrc.

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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, prayer room, lactation 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, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit www.csun.edu/usu.