



February 22, 2022

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**Media Alert**

**The Veterans Resource Center Reminds Women Student Veterans To Be Kind to Themselves With Self-care at “Women to Women”**

- WHAT:** The Veterans Resource Center (VRC) of the University Student Union (USU) invites women student veterans to learn about the importance of incorporating self-care in their daily lives during Women to Women. Create meaningful connections with other diverse women with military backgrounds and discover the many resources the VRC provides. Build a strong sisterhood with other women student veterans!
- WHO:** Gabriel Hernandez, Supervisor, Veterans Resource Center, is responsible for coordinating this event.
- WHEN:** Friday, March 11 from Noon to 2 p.m.
- WHERE:** Oasis Wellness Center, University Student Union
- WHY:** This is a special opportunity for all women veteran Matadors to connect with each other through wellness bonding activities that promote camaraderie, support and improvement of personal well-being.
- BACKGROUND:** The Veterans Resource Center is here to support women student veterans throughout their time at CSUN. Women to Women encourages self-compassion through self-care, meeting new friends and bonding over shared experiences. Make sure to RSVP on the USU Calendar Page from Thursday, Feb. 24 to Thursday, March 10. For more details on the event, please visit [csun.edu/vrc](http://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, lounge spaces, 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, Computer Lab, Games Room, USU Programs, USU Board of Directors and more. For additional information, please visit [csun.edu/vrc](http://csun.edu/vrc).