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FOR IMMEDIATE RELEASE

**All Matadors Welcome to Relax, Revive, and Succeed
this Spring Semester with the Oasis Wellness Center**

Northridge– The University Student Union (USU) invites all Matadors to take time to focus on their wellness with this spring semester’s virtual events presented by the Oasis Wellness Center. Starting Monday, Feb. 1 to Saturday, May 15, you can ease your mind with different virtual wellness activities from yoga and meditation to nutrition, art and mental health topics. Make sure to register on the Oasis Mindbody page to get the chance to jump on Zoom links, access pre-recorded content on YouTube, and meet helpful instructors – all from the comfort of your own home!

“The Oasis wants to remind our CSUN community to keep your mental health in mind, especially its impact on your personal success in school or at work,” said Richard Cardona, Manager of the Oasis. “Every Matador is different when it comes to relaxation, that’s why our special programs are so diverse with many activities each person can experience according to your own schedule.”

There are plenty of programs fit for all participants looking to let off some steam this spring semester. Engage in virtual Art Workshops where you can find a quiet space in your home, listen to some relaxing music and create a beautiful setting to express yourself through art such as painting, drawing, decorating or more guided by the Oasis. If you pre-

fer to focus on relaxation through your mind and body, you can attend Mindful Workshops which are designed to bring healing and balance with yoga, mindful breathing, meditation and more. Through Mindful Workshops, you will learn the best stress management techniques to stay calm throughout your busy schedule.

Some participants believe “you are what you eat,” and will enjoy our Nutritional Workshops that focus on nutritional eating along with tips on how to be cost efficient when buying healthy food, safe and effective methods to lose weight and tips on breaking bad nutritional habits. Everyone looking for ways to find relaxation and balance within your social life can attend Wellbeing Workshops where experts touch on key areas of stress in interactive ways, including healthy sleeping habits, sexual health and stress management amongst others. Register now to take advantage of these great series of workshops to focus on your wellbeing and learn new ways to relax your mind, body and soul.

Take advantage of the Oasis Wellness Center and these supportive healing spaces throughout spring semester 2021. Remember to register through the Oasis Mindbody page and, even if you can't attend live, you can access the prerecorded videos any time over the Oasis Wellness Center YouTube channel. For more information, please visit 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, 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.