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**FOR IMMEDIATE RELEASE**

### **New Oasis Wellness Center Opening Aug. 24 for all CSUN Students**

The new Oasis Wellness Center at the University Student Union will open its doors for the first time on Monday, Aug. 24 at 10 a.m. to welcome all CSUN students. The Oasis is a welcoming destination where students can find serenity and relaxation amid the rush and activity of campus life. Located in the USU below the Computer Lab and next to the Plaza Pool, it features a wide range of health and wellness programs intended to promote student academic success.

“The Oasis is a calm and quiet place, solely committed to helping students manage their stress and focus on their personal well-being,” said Oasis Wellness Center Manager, Tiffany Shanks. “We are here to provide a wide variety of wellness programs and services free for all current CSUN students. With all of the stress surrounding the first few weeks of school, we want students to find comfort and relaxation at the Oasis and use it as a resource to help enhance their academic success throughout the year.”

The Oasis offers indoor and outdoor lounge spaces, acupuncture, meditation, yoga, massage therapy, stress relief, sleep hygiene, aromatherapy, power napping sleep pods, health and wellness workshops, peer-to-peer counseling and equipment checkout (iPads, Games, etc).

-More-

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The indoor space of the Oasis is 6,000 square feet and includes group rooms for workshops and programs, treatment rooms, relaxation rooms with power napping sleep pods and a gender inclusive restroom with six fully private stalls.

The gender inclusive restroom at the Oasis is the first designed for gender inclusive use on the CSUN campus. There are genuine implications that can arise when restrooms are labeled for women or men only. Trans\* and gender non-conforming people can encounter hostility, discrimination and harassment in gender specific restrooms. Providing access to a gender inclusive restroom can reduce or eliminate this situation.

The outdoor space of the Oasis is 10,000 square feet featuring a variety of lounges and contemplation areas. These areas include the Oasis Labyrinth with its circular journey of discovery, Radiance Square with an outdoor fireplace seating area, Mindful Garden, Contemplation Garden with an Orchard and Zen garden, Reflection Patio with a sail and deck area and the Illumination Patio with special outdoor lamps.

All current CSUN students are members of the Oasis for no additional cost. In order to access the Oasis, each student will need to register at the front desk in the Oasis or SRC. CSUN faculty and staff can sign up for the fee-based massage and acupuncture services.

The Oasis is open on Monday through Thursday from 10 a.m. to 8 p.m., Friday from 10 a.m. to 6 p.m. and closed on Saturday and Sunday.

The Oasis was funded by University Student Union cash reserves. Klotz Student Health Center, College of Health and Human Development and University Counseling Services consulted on the project. LPA, Inc. is the architectural firm for the new facility and Hathaway & Dinwiddie is the construction company.

# CSUN



All CSUN students are invited and encouraged to “Relax. Revive. Succeed.” at the Oasis starting on Monday, Aug. 24. It’s a great new addition to the CSUN campus that promises to be just as good as it sounds. For more information about the Oasis Wellness Center, please visit [csun.edu/oasis](http://csun.edu/oasis) or contact Oasis Wellness Center Manager, Tiffany Shanks at [tiffany.shanks@csun.edu](mailto:tiffany.shanks@csun.edu).

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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).*

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