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FOR IMMEDIATE RELEASE

**Find Serenity and Relaxation Again at the
Oasis Wellness Center as It Reopens on June 21**

Northridge — The Oasis Wellness Center of the University Student Union is excited to announce it will be welcoming back CSUN students, faculty and staff starting Monday, June 21. This reopening will provide Matadors access to indoor and outdoor in-person programs and services like the nap pods, massage chairs, gardens, Oasis workshops and study and relaxation areas. Take the time out this summer to experience it yourself as the Oasis re-opens for you!

“We are thrilled to reopen the Oasis for the CSUN community and offer them a special place to revive, relax and succeed,” said Richard Cardona, Manager of Oasis Wellness Center. “It is great to help our Matadors prioritize their health by emphasizing mindfulness and wellness in their daily lives.”

The Oasis will be open in a limited 50% capacity to all eligible for a SRC Summer Membership. You will be able to access the Oasis by downloading the CSUN Student Recreation Center App for iOS or Android, booking a Wellness Visit under the Oasis Wellness Center and completing your mandatory health screening.

With its reopening, the Oasis will be offering its indoor and outdoor in-person programs and services to you on a reserved basis with a maximum time limit, including 45 minutes for nap pods, 15 minutes for massage chairs, 90 minutes for the gardens and 90 minutes for study and relaxation areas. In addition, you are also invited to utilize in-person workshops hosted by the Oasis. Apart from the in-person programs and services, the Oasis will continue to offer a



wide range of virtual opportunities such as Virtual Sunrise Yoga, Virtual Breathe and Meditation and Virtual Reiki.

Here are the Reopening Day and Summer hours for the Oasis:

Reopening Day Hours (International Yoga Day Celebration)

Monday, June 21:

In-Person: 10 a.m. – 2 p.m.

Virtual: 8 a.m. – 8 p.m.

Normal Hours (Starting Tuesday, June 22)

Monday – Friday:

10 a.m. – 2 p.m.

Saturday and Sunday:

Closed

To ensure member safety, the facility has implemented enhanced cleaning procedures, mandatory health screenings, a touchless barcode scanner and social distancing.

The Oasis looks forward to welcoming Matadors back! For more information on the Oasis Wellness Center reopening, please check out www.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, DREAM CENTER, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu.