



March 2, 2020

**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

**FOR IMMEDIATE RELEASE**

**CSUN Students: Stay Calm, Cool and Connected**  
**During “Spring Into Wellness” at the Oasis Wellness Center**

Northridge- The Oasis Wellness Center of the University Student Union (USU) invites all Matadors to “Spring Into Wellness,” a week filled with fun and compelling activities that promote a wellness for all CSUN students. From Monday, March 9, to Friday, March 13, this fun and rejuvenating event offers completely FREE programs to help guide students towards balance and academic success.

Matadors will also have the chance to win awesome prizes throughout the event. Come join the festivities at the Oasis and get your wellness on!

“We aim to show students how to take care of themselves mentally, emotionally and physically,” said Richard Cardona, Oasis Wellness Center Manager. “This year, we have a great line-up of programs to help students manage their sleep, anxiety and stress.”

This revitalizing event will feature a variety of fun programs and activities for CSUN students to participate in. To kick off the festivities starting Monday, March 9 from 11 a.m. to 12 p.m., the Oasis will feature keynote speakers Susan Krikorian, Wellness Coach, and Gabriella Nguyen, Health Educator. Through interactive activities, they’ll make a compelling presentation on tips and tricks to improve sleep and help students stay relaxed at night.

On Tuesday, March 10, come discover key tactics for handling anxiety more effectively. Dr. Amy Rosenblatt from the University Counseling Services will share coping strate-



gies that will help Matadors gain a sense of control over anxiety symptoms from 11 a.m. to 12 p.m.

Finally, on Wednesday, March 11, from 11 a.m. to 12 p.m., relax and refresh with Richard Cardona, Wellness Manager, to learn effective ways to reduce stress as students and how to take advantage of all the resources and events the Oasis Wellness Center hosts.

Don't miss this opportunity to hit the reset button and "Spring Into Wellness!" For more information on this event, the Oasis and the University Student Union, please visit [www.csun.edu/oasis](http://www.csun.edu/oasis) or contact the Oasis Wellness Center at [oasis@csun.edu](mailto:oasis@csun.edu).

###

*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](http://www.csun.edu/usu).*