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FOR IMMEDIATE RELEASE

“Spring Into Wellness” at the Oasis Features a Week of Special Free Programs for CSUN Students

Northridge — The Oasis Wellness Center at the University Student Union (USU) invites CSUN students to “Spring Into Wellness”, an exciting week of rejuvenation from Monday, March 14 to Friday, March 18. The week offers completely free programs to help students reboot and de-stress for the spring season. All of the special programs are open to all students and require no registration.

“The ‘Spring into Wellness’ event is a fantastic way for students to have fun and reduce stress in their lives and find a place to escape on the CSUN campus,” said Tiffany Shanks, Oasis Wellness Center Manager, “The various programs will mentally reset and revive participants to handle their non-stop schedules.”

On Monday from 12 to 2 p.m., unwind with serene music from a harpist or get artistic at “Craft Creations”. Students also have the option to learn how to use writing as a tool for stress release at “Dear Journal: Using Writing to Help Cope with Stress” from 12:30 to 2 p.m.

On Tuesday from 11:30 to 12:30 p.m. enjoy the art of doodling at “Take a Break

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from Moodle, Let's Doodle: Using Art to De-Stress" or have some fun with furry friends at "Puppy Play" from 12 to 3 p.m. You can also join the Drum Circle from 4 to 6 p.m. for rhythmic stress relief.

If you missed out on Craft Creations or the Drum Circle, you can attend Thursday's programming for a second day of both. Craft Creations will be from 12 to 2 p.m. and the Drum Circle from 1 to 3 p.m. On the last day, there will be another opportunity to turn art into wellness with Oasis Center Crafts for the finale of "Spring Into Wellness" on Friday from 10 a.m. to 3 p.m.

For more information on "Spring into Wellness" or the Oasis Wellness Center, please visit www.csun.edu/oasis or contact the Oasis Wellness Center at oasis@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.