

February 28, 2018

Contact: Gianne Braza, Public Relations Assistant
gianne.braza.460@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 Welcome to Experience “Spring Into Wellness” Week
at the Oasis Wellness Center in the University Student Union**

Northridge — The Oasis Wellness Center of the University Student Union (USU) invites all Matadors to “Spring Into Wellness”, an exciting week filled with fun activities that promote an overall healthy lifestyle. From Monday, March 12, to Friday, March 16, this rejuvenating event offers completely free programs to send students off to a healthy start leading up to spring break. All “Spring Into Wellness” programming will be open to all students and require no registration beforehand. For this special week, Matadors can enjoy complimentary healthy snacks and beverages provided at the Oasis front desk. In addition to that, all attendees will have the chance to win awesome prizes. Join in on the festivities at the Oasis and get your wellness on!

“The ‘Spring Into Wellness’ event provides students with many different avenues of improving their wellbeing,” said Angela Faissal, Oasis Wellness Center Manager. “This year, we have a great line-up of programs to help students feel revived and reenergized from their jam-packed schedules.”

This revitalizing week will feature a variety of fun programs and activities for CSUN students to participate in. Every morning of the week, help collect colorful fruits and vegetables at “Harvesting at the Wellness Garden” from 8:30 a.m. to 9:30 a.m. at the

Wellness Garden, located east of Sequoia Hall. On Monday, March 12, and Tuesday, March 13, from 11 a.m. to 1 p.m., make your own lovely creation at the “DIY Flower Crown” workshop at the Oasis Center. “Fuel Your Passion” is another Monday program from 4 p.m. to 6 p.m. that will guide students through a poetry workshop and teach you how to use passion planners. In addition, a passion planner will be raffled at this event.

On Wednesday, March 14, and Thursday, March 15 from 11 a.m. to 1 p.m., come hang out with friendly furry friends at “Puppy Play” in the Oasis Center. Then, check out “Herb Garden in an Eggshell” on Wednesday from 1 p.m. to 2 p.m., a collaboration with the Marilyn Magaram Center. This workshop gives students the chance to plant their own herbs in an eggshell outdoors on the Labyrinth in the Oasis.

For more information on “Spring into Wellness”, the Oasis Wellness Center and the University Student Union, please visit www.csun.edu/oasis or contact the Oasis Wellness Center at 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, 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.