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**FOR IMMEDIATE RELEASE**

**It's All About Fun and Managing Your Health  
at "Welcome to Wellness" in the Oasis**

Northridge — The Oasis Wellness Center of University Student Union (USU) invites all CSUN students to learn more about having a healthy and successful year at the “Welcome to Wellness” event. On Tuesday, Sept. 18 from 11 a.m. to 2 p.m., attendees will learn about the many rejuvenating resources the Oasis is offering this school year. Don’t miss out on this fun and free event!

“We want CSUN students to know that the Oasis is here to help them experience a healthy lifestyle. Come and check out the wide range of free resources we have here exclusively for our CSUN community,” said Sandra Salute, Assistant Director of Fitness & Wellness. “We are excited for Matadors to attend ‘Welcome to Wellness’ and take part in all of the fun activities and programs.”

Matadors can start their journey to wellness at the Oasis Garden entrance where they can pick up their “Welcome to Wellness” passports and collect stamps to enter a raffle while exploring everything the Oasis provides. At this relaxing event, students can enjoy therapy dogs, massages, grabbing healthy food at the Wellness Market and much more. Attendees who complete their event passport will earn raffle tickets and win cool prizes. The first 50 students to arrive on the day of event will receive an awesome coloring book.

CSUN



Get your wellness on at the revitalizing Oasis! For more information on “Welcome to Wellness”, the Oasis Wellness Center and the USU, please visit [www.csun.edu/oasis](http://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, 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).*

**UNIVERSITY STUDENT UNION**

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