



May 10, 2021

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**FOR IMMEDIATE RELEASE**

**Make the Most of Your Summer with the SRC and Oasis  
during “Summertastic! RECreate Your Wellness”**

Northridge- The Student Recreation Center (SRC) and Oasis Wellness Center of the University Student Union (USU) invite all CSUN students to kick off their summer break with a wide variety of exciting and fun virtual programs during *Summertastic! RECreate Your Wellness* from Monday, June 7 to Friday, August 13. The SRC, Oasis and USU are working together to bring Matadors an extraordinary summer vacation designed to make the most of your well-deserved break. Get up, get moving and soak up the sun to transform yourself into a better you with health, fitness and wellness programs for a chance to win weekly raffle prizes.

“This is a great opportunity for CSUN students to feel better than ever mentally and physically this summer,” said Alfredo Padilla, SRC manager, fitness training. “It’s the perfect preparation period for them to feel their best going back to school in the Fall.”

The incredible list of entertaining *Summertastic!* virtual programs that students can sign up for includes the Student Recreation Center’s *Summertime Grind*, *Learn the Basics*, *Lace Up & Go Challenge*, three installments of the *Steps Challenge*, and trivia nights to show off your sports knowledge. You can also attend events hosted by the the online graduation event, please use the following Zoom info: Meeting ID: 848 4725 5418 and Password: pride. For more information on this event and the Pride Center, please visit [csun.edu/pride](http://csun.edu/pride).



For more Oasis Wellness Center like *International Yoga Day Celebration* and other wellness programs created to align your mental and physical health. Plus, you can register for video gaming programs like the *Rocket League Tournament*, *Among Us Party*, *Super Smash Bros. Ultimate Tournament* and the *Video Game Bracket Challenge* to challenge your friends' skills while letting off some steam.

Just for joining in on the fun, you'll have the opportunity to win a weekly raffle every Friday featuring awesome prizes including gift cards from Amazon, Best Buy, Chipotle, Grubhub, Netflix, Spotify, Nordstrom and other exciting choices. Even better, if you participate in ten or more different activities, you'll be entered for a chance to win an extra-special final prize!

Come experience a summer-full of fun activities and enjoy your coolest summer ever with *Summertastic! RECreate Your Wellness*. For additional information about this event, the SRC, the Oasis and the USU, please visit [www.csun.edu/usu](http://www.csun.edu/usu) and keep an eye out for updates on the USU Instagram ([csun\\_usu](https://www.instagram.com/csun_usu))

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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, 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).*