



ASSOCIATED
STUDENTS, INC.
CSULB

Press Release

Finally in the zone

» DATE:

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For Immediate
Release

Long Beach, CA – December can be taxing on students if not only for the stress of the holidays and the unusually cold weather.

So before one decides to be flattened by a wall of textbooks, Associated Students, Inc. is jumping in to provide some anti-stress solutions.

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The University Student Union and the Physical Education building will feature four different “zones” including a Play Zone, Recharge Zone, Stress Free Zone, and Study Zone, all of which will be free and available to students.

Ab Burner and kick boxing classes will be open for those hoping to give their minds a break from quantum mechanics and verb tenses on Monday and Wednesday in the Play Zone of PE building room 107.

A studious student is a hungry one, which is why the Recharge Zone will feature free food and drinks at 8 p.m. on the first floor Games Center for the first 100 students.

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Students can also take advantage of the Stress Free Zone with massages, caricature portraits, and a piano player in the second floor mall area of the USU. They can also expect free refreshments and study supplies if all they have time for is a quick pass through in between exams.

Once they take care of their bodies and minds, test takers have no excuses for not finding a quiet room to study, as there will be open study tables and meeting rooms throughout the USU.

For a full scheduling of events, contact USU Program Council Coordinator Keya Allen-Littleton at 562.985.4834 or visit www.csulb.edu/asi.

CC:

Richard Haller
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ASI is owned and operated by students under the advisement of professional staff. ASI has followed its mission to improve the quality of campus life for students since 1956. ASI proudly dedicates its resources to providing essential activities that enhance the students' educational experience and aid in their overall development. Services provided by ASI to the Cal State Long Beach community include, but are not limited to, the University Student Union, the Isabel Patterson Child Development Center and the Recycling Center. The organization is an auxiliary under the Division of Student Services at California State University, Long Beach. For more information about our unique organization and the services we provide, please visit the ASI website at <http://www.csulb.edu/asi>.