

MONTHLY NEWSLETTER



Engineering Wellness

Location: Mudd 530

Contact: seas-wellness@columbia.edu

Operating Hours: 9am-5pm

Upcoming Events



PAINT & SIP
October 14th



DO'S AND DONUTS
October 29th

Check out the ESA Student Life newsletter for detailed events info



WELCOME ENGINEERING STUDENTS

Meet the Team



Adeola
Adegbola-
White

Assistant Director of
Graduate Student
Wellness and Support
Services



Charlene A.
Bernasko-
Acquaye

Assistant Dean, Graduate
Student Wellness and
Success



Joe
Zhao

Graduate Student Life
Wellness Advisor

What We Offer

- Disability Services Liaison
- Health & Wellbeing Liaison
- Practical Support & Case Management
- PDL Wellness Courses
- Wellness Programs and Events



September

Theme: New Beginning



SEAS WELLNESS EVENTS

- Thrive From Day 1: Meet Your Wellness Team
- Paint and Sip



CAMPUS RESOURCES & INFORMATION

24/7 CU Support

- Public Safety: 212-854-5555
- CPS: 212-854-2878

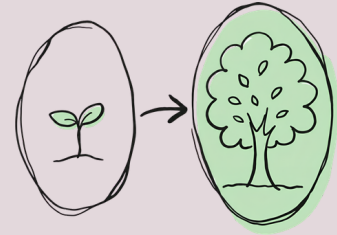
Columbia Health

- health@columbia.edu;
212-854-2284



October

Theme: Growth



WELLNESS AT CU

- Upcoming Engineering Wellness Events
 - Paint & Sip: October 14th
 - Dos & Donuts: October 29th
- Upcoming CU Events
 - 2026 Mental Health Awareness Event (October 13)
 - Gazelle Film Screening (October 19)
 - Reducing and Managing Stress | Virtual Well-being Workshop (October 22)
 - For more events see [**CU Event Calendar**](#)



WELLNESS IN NYC

64th New York Film Festival

Sept 25 – Oct 12

NYC Food Festival

Oct 15 – 18



Any questions or concerns? Email: seas-wellness@columbia.edu