

MONTHLY NEWSLETTER



Engineering Wellness

Location: Mudd 530

Contact: seas-wellness
@columbia.edu

Operating Hours: 9am-
5pm

Upcoming Events



WELLNESS FAIR
Wednesday, April 15th,
10:00AM - 12:00PM

Check out the ESA Student Life newsletter for detailed events info



March is all about nourishment - caring for ourselves in ways that help us feel grounded, energized, and supported. As the season begins to shift, it is a reminder to nourish our bodies and minds.

SEAS WELLNESS EVENTS

- Munch Market
- Painting Session with The Art Studio

CAMPUS RESOURCES & INFORMATION

24/7 CU SUPPORT
PUBLIC SAFETY: 212-854-5555
CPS: 212-854-2878

- Columbia Health:
health@columbia.edu; 212-854-2284
- CPS Student Life Support Groups and Workshops now open for enrollment



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



WELLNESS AT CU

- Upcoming Engineering Wellness Events
 - **Wellness Fair:** Wednesday, April 15th, 10:00am – 12:00pm
 - *See the ESA newsletter for more events and details*
- Upcoming CU Events
 - Connect with a CU Well Peer Leader at Lerner Ramps (April 3)
 - Paws & Pause (April 13th)
 - Crafts on The Corner: Sketch Sessions (April 22)
 - For more events see **CU Event Calendar**



WELLNESS IN NYC

Earth Day 2026 Festival (Union Square)

April 19, 2026

Brooklyn Botanic Garden – Hanami Nights

April 21–24, 2026

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APRIL SPOTLIGHT

First Engineering Wellness Fair

Our **first Engineering Wellness Fair** is a chance to pause, recharge, and explore simple ways to support your well-being.

- This year's fair will feature a variety of interactive experiences and wellness resources, including **neck and shoulder massages** from a Columbia Health massage therapist, **Columbia Health resource tabling**, **outdoor yoga**, **puppy social**, a **Build Your Own Wellness Kit station**, **board games**, and a relaxing **sound therapy session**.

Whether you want to de-stress, connect with others, or pick up a few new self-care ideas, we hope you will stop by and treat yourself to a morning of wellness and community.

Wellness Fair Breakout Space #1



Wellness Fair Breakout Space #2



Wellness Fair Breakout Space #3

