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Introducing...

# ENGINEERING WELLNESS NEWSLETTER



Welcome to the first-ever edition of the **Engineering Wellness Newsletter**! We're here to bring you updates on **recent events**, share what's coming up around Columbia Engineering and the wider Columbia community, and recommend **wellness activities** to enjoy around NYC this month. We hope this issue helps you take a moment to recharge, explore, and stay connected.

**Issue Date:** First Wednesday of Every Month

# MONTHLY NEWSLETTER



## Engineering Wellness

Location: Mudd 530

Contact: seas-wellness  
@columbia.edu

Operating Hours: 9am-  
5pm

## Upcoming Events



FLORAL  
ENGINEERING  
FEB 13<sup>TH</sup>,  
10:30AM - 12:00PM



PAINTING SESSION  
FEB 25<sup>TH</sup>, 5:00 – 6:30PM

# January Recap

## Monthly Theme: New Beginning

January was all about resetting routines and easing back into the semester. Thank you to everyone who joined us at our early-semester wellness initiatives!

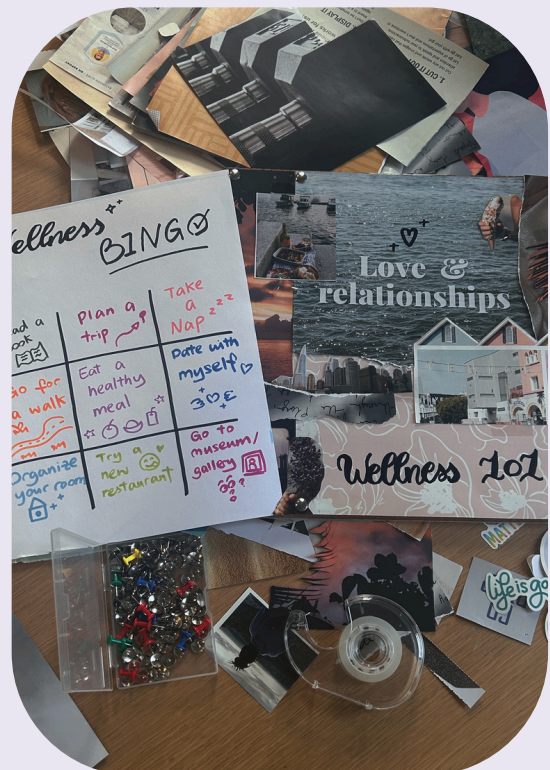
## SEAS WELLNESS EVENTS

- Vision Board & Bingo Workshop

## 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](mailto:seas-wellness@columbia.edu)



## WELLNESS AT CU

- Upcoming Engineering Wellness Events:
  - **Floral Engineering:** February 13 · 10:30AM - 12:00pm
  - **Painting Session with The Art Studio:** Wednesday, February 25·4:00 – 7:00pm
- Upcoming CU Events
  - **Letter to My Future Self:** Celebrating BIPOC Voices (Feb 4)
  - **Thriving Relationships Valentines** (Feb 12)
  - **Painting with Strangers** (Feb 25)
  - For more events see **CU Event Calendar**



## WELLNESS IN NYC

Donald and Mary Oenslager  
Gallery Tour

February 04, 2026 | 11:00 am

Lunar New Year Events in NYC

Feb 17, 2026 - Mar 1, 2026

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