

MONTHLY NEWSLETTER



Engineering Wellness

Location: Mudd 530

Contact: seas-wellness
@columbia.edu

Operating Hours: 9am-
5pm

Upcoming Events



MUNCH MARKET
Wednesday, March 11th,
11:00am – 2:00pm



PAINTING SESSION
Wednesday, March 25th,
5:00pm – 7:00pm

February

Theme: Self-love

February is all about slowing down, embracing the calm of winter, and prioritizing self-love and self-care. As snow blankets the season, we're reminded to nurture ourselves with warmth, rest, and intentional moments of kindness.

SEAS WELLNESS EVENTS

- Floral Engineering: February 13 · 10:30AM - 12:00pm

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:
 - **Munch Market:** Wednesday, March 11th, 11:00am – 2:00pm
 - **Painting Session with The Art Studio:** Wednesday, March 25th, 5:00pm – 7:00pm
- Upcoming CU Events
 - Bloom & Build for Women's History Month (March 4)
 - Mindfulness Workshop: Pause, Breathe, Reset (March 24)
 - Your Gut, Your Health: A Colon Cancer Awareness Talk (March 10)
 - For more events see **CU Event Calendar**



WELLNESS IN NYC

New York Restaurant Show

March 8-10, 2026

Women Wealth & Wellness 2026

March 14, 2026

MARCH SPOTLIGHT

Women's History Month



Her Words Project

This month, we celebrate female-identifying engineers of color. We will highlight their achievements and amplify their powerful words that shaped their journeys.

Ursula Burns M.S. in CU Mechanical Engineering (1982)

First African American woman CEO to lead a Fortune 500 company
"Believe that there are no limitations, no barriers to your success - you will be empowered and you will achieve."

Nina Tandon Ph.D. in CU Biomedical Engineering (2009)

Indian American biomedical engineer; CEO and co-founder of EpiBone

"Our job as scientists is to close the gap between science fiction and existing healthcare."

Note: This campaign highlights selected voices and stories and does not encompass the full breadth of female-identifying engineers of color and their contributions. We welcome your suggestions and feedback - please reach out to SEAS-Wellness.

MARCH SPOTLIGHT

Women's History Month

MiMi Aung

Aerospace & Space Systems Engineer

Burmese American aerospace engineer; Director of technical program management for Amazon's Project Kuiper

“The sky’s not the limit - exploration starts where we choose to push boundaries.”

Nkemdilim Begho

Information Technology

Nigerian technology entrepreneur and engineer; founder and managing director of Future Software Resources Limited

“Failure is necessary for any learning curve. Failure makes you stronger, bolder, and less scared of taking risks.”

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