

Center for Student Wellness

Al:MS • wellness counseling • workshops • events
Your One-Stop Resource for Support @ CUMC



January 2012

Walk-in Hours at CSW:

Mon-Fri 11am – 2 pm and Mon-Tues 5 pm - 7pm

Welcome Back



Stop by CSW for conversation and snacks!

Yoga Pilates Registration!

Registration NOW OPEN!
Classes begin January 30th
See our website for details.



Free Meditation

No experience necessary!
Decrease your stress and increase your wellness.

**Mondays 6 – 6:30 pm
Hammer LL-202**

**Tuesdays 12:15 -12:45 pm
Hammer LL-201**



Crafternoons

Open to all CUMC Students. Food and supplies provided at all events!



Make Your Own Fleece Scarf

January 20th

2-3:30 pm in Hammer LL-110

We supply all of the materials you need to create your own warm, fashionable scarf. No sewing required!

Wellness Works! Events

Workshops are open to all CUMC Students. Food provided at all events!

Getting off to a Great Start

Start your semester off on a positive academic note. Join our Learning Specialist for an interactive workshop about how to prepare yourself for optimal performance.

January 26th

6-7:30 pm

Hammer LL-110

Presented by:

Michelle Witman



Join the CSW Listserv to find out about our Spring Schedule and other events.
Only one email per week! To join, email jl3059@columbia.edu or use the QR 



Columbia University makes every effort to accommodate individuals with disabilities. If you require disability accommodations to attend this event, please contact the Center for Student Wellness at 212-304-5560 or studentwellness@columbia.edu at least 10 days in advance of the event.



