

# Wellness workshops SPRING 2009

## Mental Health Workshop Series

## Healthy Habits Workshops

## Food & Fitness Workshops

## Stress Reduction Mini-Courses

## De-Stress Daze

## Yoga & Pilates Classes

**Wellness Works!** ■ ■ ■  
*Strategies for Healthy Living*

Center for Student Wellness  
Columbia University Medical Center  
Bard Hall – Suite 107  
212.304.5560 or 5564  
studentwellness@columbia.edu  
www.cumc.columbia.edu/students/wellness

## SPRING 2009

Thursday, January 29 Hammer 303 6:00-7:00pm  
**Time Management for Graduate School Success**  
Presented by: Deborah Levi, LMSW

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Thursday, February 12 Hammer 303 6:00-7:00pm  
**Secrets of Successful Relationships**  
Presented by: Samuel Pauker, MD

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Thursday, February 26 Hammer 303 6:00-7:00pm  
**Improve Test-Taking and Test Anxiety**  
Presented by: Michelle Witman, M.Ed

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Thursday, March 12 Hammer 322 6:00-7:00pm  
**Sexploration – Understanding Your Sexual Self**  
Presented by: Jane Bogart, MA, CHES

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Wednesday, March 25 Hammer 305 6:00-7:00pm  
**Eat For Success**  
Presented by: Robin Millet, Nutritionist

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Monday, April 13 Russ Berrie Rm1 6:00-9:00pm  
**Free Self-Defense Class**  
Presented by: Bernardo Reynoso

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Tuesday, May 5 - Thursday, May 7  
**De-Stress Daze**  
Three days during study period, the Center for Student Wellness will be hosting a De-Stress table with snacks/study materials/ aromatherapy and will offer free yoga and meditation classes! Stay tuned for details!

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For information on our programs please contact us at  
studentwellness@columbia.edu

### Join the CUMC Wellness Listserve!

To learn more about Wellness Works! Events and other health and wellness services at CUMC, simply send an email with the following information:

address: majordomo@columbia.edu  
subject: (leave subject line blank)  
message: subscribe cumcwellness

Wellness Works! is the health promotion program of the CUMC Student Health Service and the Center for Student Wellness.

