

On CUMC Campus

Bard Athletic Center

Memberships to this fitness facility are available at CUMC, Bard Hall. <http://www.cumc.columbia.edu/facilities-management/housing/bard-athletic-center>

Be Fit To Be'ne'Fit

Be Fit to Be'ne'Fit is a worksite-based awareness program launched by CUMC and New York-Presbyterian Hospital to help employees, their families, and students achieve and maintain a healthy body weight.

<http://www.befittobenefit.cumc.columbia.edu/>

Center for Student Wellness Meditation and Yoga/Pilates Program

The Center for Student Wellness offers free, guided meditation classes and a fee-based Yoga/Pilates program.

<http://cumc.columbia.edu/students/wellness/wellnessworks.html>

Columbia Community Partnership for Health

The Columbia Community Partnership for Health is an initiative of the Irving Institute that offers a consumer health library and free blood pressure and BMI screenings.

http://irvinginstitute.columbia.edu/resources/community_engage.html

Fort Washington Greenmarket

The Fort Washington Greenmarket at 168th street is open on Tuesdays from June through November .

<http://www.grownyc.org/fortwashingtongreenmarket>

Hip Hop Public Health

Hip Hop Public Health uses hip hop music, short animated features, and health video games as part of a multimedia curriculum designed to motivate healthy behaviors among children and their families.

<http://hiphoppublichealth.org/>

Plus One/NYPH Fitness Center

Memberships to this fitness facility are available at the CUMC, Service Building. Shower passes are available for bicycle commuters. http://worklife.columbia.edu/files_worklife/public/NYPH_ServiceGuide_2012_06_29.pdf

NYSPI EAP

The New York Psychiatric Institute EAP offers Columbia University employees the opportunity to participate in yoga, Thursday meditation, and once monthly Reiki and lunch time seminars programming. Contact Dacia Morris at Morrisd@nyspi.columbia.edu or Matt Gold at goldmat@nyspi.columbia.edu for more information.

Smoke Free CUMC

As of August 10, 2009, Columbia University Medical Center is a completely smoke-free environment.

<http://cumc.columbia.edu/smokeFree/quit.html>

Weight Control in 12 Weeks Group Program

The Weight Control Center offers interactive, registered dietitian-led weight management groups that focus on making long-term changes for a healthier lifestyle. Contact Heather Bainbridge, RD, CDN at hb2298@columbia.edu or 212.305.0486 for more information.

<http://columbiamedicine.org/divisions/Endo/wcc.html>

On LDEO Campus

Many wellness activities exist at the Lamont-Doherty Earth Observatory campus. Visit the "Life at Lamont" website for more information about tai chi and yoga classes, pick-up soccer games, and bicycling in the local area.

<http://www.ldeo.columbia.edu/campus-life/life-lamont>



COLUMBIA UNIVERSITY
WORK | LIFE

Wellness at Columbia

*A Comprehensive Resource Listing
of Wellness Programs and Services
for Faculty and Staff*

Office of Work/Life, Columbia University

worklife@columbia.edu

212.854.8019

www.worklife.columbia.edu

University-Wide Initiatives

ASleep

Developed by Alice! Health Promotion, ASleep is a web-based program that provides information, resources, interactive tools, and a free personalized sleep assessment with instant individual feedback. <http://sleep.health.columbia.edu/>

Alice! Health Promotion Nutrition Initiatives

Alice! Health Promotion provides several guides for healthy eating. Resources include: sample healthy meeting menus, nutritious recipes and grocery store shopping check lists. <http://health.columbia.edu/services/alice/nutrition>

Behavioral Medicine Exercise Studies

The Division of Behavioral Medicine, CUMC is engaged in several exercise studies open to Columbia affiliates and family. Participation includes a free gym membership at Dodge Fitness Center or PlusOne. <http://exercise.bmedcumc.org/>

Bike Safety

Visit the Public Safety website for maps of bike rack locations. <http://www.columbia.edu/cu/publicsafety/maps.html>

Columbia University CPR

CUCPR provides CPR and first aid training to the Columbia campus and community. <http://cucpr.wordpress.com>

Columbia Wellness Listserv

Join the CU Wellness listserv to receive information about Office of Work/Life wellness programs, other wellness-related events at the University, and motivational and educational e-mails. <http://worklife.columbia.edu/wellness-listserv>

CU MOVE

This Alice! Health Promotion initiative is a free exercise motivation program. <http://health.columbia.edu/services/alice/cumove>

Employee Assistance Program (EAP)

The EAP provides a range of free specialized services, including short-term counseling, to help faculty and staff and their household members cope with everyday issues such as stress, relationships, depression, tobacco cessation, and drug/alcohol addiction. Adult and elder care resource and referral, and referrals for convenient services are also available. Counselors are available 24 hours a day, 7 days a week at 1-888-673-1153. <http://worklife.columbia.edu/employee-assistance-program>

Ergonomics

Environmental Health & Safety offers monthly workshops to help you perform your job in a manner that prevents ergonomic risk factors, such as poor posture and excessive reaching. <http://ehs.columbia.edu/Ergonomics.html>

Mindfulness Based Stress Reduction

The Office of Work/Life offers training in Mindfulness Based Stress Reduction, a technique of focus, calm and insight, to cope effectively with stress and be more fully present. <http://worklife.columbia.edu/mindfulnessbased-stress-reduction-mbsr>

Monday Campaigns

In association with the Mailman School of Public Health, Healthy Mondays is a movement of people and organizations who commit every Monday to the behaviors and actions that will end preventable disease in the U.S. <http://www.mondaycampaigns.org/>

Office of Work/Life Bulletin Board

Visit the Office of Work/Life e-Bulletin Board to exchange health and wellness related information, arrange carpools, search for housing options, discuss child care needs, and more. <http://worklife.columbia.edu/forum>

Self-Defense

Public Safety offers self-defense classes each semester. For more information, call 212-854-8513.

Walking Program

The Office of Work/Life's Walk to Wellness Program is a free, comprehensive fitness program that coordinates lunch time walks several days a weeks on the Morningside and CUMC campuses. <http://worklife.columbia.edu/walk-wellness>

Weight Watchers at Work

Weight Watchers uses an integrated approach to weight loss and management that emphasizes good eating choices, healthy habits, a supportive environment, and exercise. Meetings are held on the Morningside and CUMC campuses. <http://worklife.columbia.edu/weight-watchers-work>

Wellness Discounts

Columbia University has arranged wellness discounts for the Columbia University community. <http://worklife.columbia.edu/discounts>



On Morningside Campus

Take the Stairs Campaign

A collaborative effort between the Office of Work/Life, Columbia Health, Alice! Health Promotion, CUMove, CUFacilities, Environmental Stewardship, Teacher's College, and the NYC Department of Health, *Take the Stairs* campaign encourages the Columbia community to choose the stairs instead of the elevator as a quick way to add more physical activity into your day and save electricity.

Columbia Greenmarket

The Columbia Greenmarket on Broadway (between 114th and 115th streets) is open Thursdays and Sundays year round. <http://www.grownyc.org/columbiagreenmarket>.

COÖP Rentals

COÖP Rentals offers a variety of camping equipment for your outdoor excursion. To place an order, contact the rental coordinator at cooprentals@columbia.edu. <http://blogs.cuit.columbia.edu/coop/rentals/>

C.R.O.W.N. Nutrition

Columbia Reaching Out With Nutrition provides online healthy eating resources and recipe guides to help the Columbia community make healthy choices. <http://dining.columbia.edu/welcome-crown>

Dodge Fitness Center

Memberships to this fitness facility are available at the Morningside Campus. <http://www.dodgefitnesscenter.com>

Food Incubator at Union Theological Seminary

Food incubator aims to help those working in the organic and locally grown food space while also providing education to those in the community. <http://www.useitnyc.org/food-incubator.html>

Flu Prevention

Members of the Morningside campus can receive free flu shots at flu shot fairs and through Health Services. <http://health.columbia.edu/flu>

Mindfulness and Education Working Group

The Mindfulness and Education Working Group offers weekly group mindfulness meditation classes. <http://www.tc.columbia.edu/centers/mindfulness>

Travel Health

The "On the Road Travel Medicine Program" offers information and immunizations for international travel for Morningside campus members and their spouses/partners. <http://health.columbia.edu/services/pcrms/travel-medicine>