

COLUMBIA | Wellness Center

At Columbia University's
Jerome L. Greene Science Center in Manhattanville



The Wellness Center provides **free blood pressure readings and cholesterol screening** to the community. Visitors will receive a record of their results, as well as information on ways they can improve their health.



On request, Wellness Center staff will provide **information about free and low-cost health care** available throughout Harlem and Upper Manhattan. The Wellness Center will also provide onsite assistance with health insurance enrollment.



Columbia's Wellness Center is also home to community outreach programs that empower local residents to **improve mental and physical health through education and training.**

The Mental Health First Aid (MHFA) program is dedicated to improving access to quality mental health in Harlem. Participants learn how to recognize the warning signs of mental health problems, build an understanding of the importance of early intervention, and seek support. They will also be able to share information about support groups, tools for mental health, and local resources.

The Institute for Training Outreach and Community Health (InTOuCH) is a community-based program designed to raise awareness about stroke and heart attack prevention. Through its rigorous training, InTOuCH participants commit to serving the community as volunteer health workers and as counselors at Columbia's Wellness Center as well as local medical screening events.

www.zuckermaninstitute.columbia.edu/community-wellness-center

NOW OPEN

MONDAY-FRIDAY 9 A.M.-5 P.M.

610 W. 130th Street, New York, NY 10027

1-212-853-1146

 COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK