

NUTRITION AND WELLNESS MINOR

Campus: NYC, Westchester

Are you curious about how food, wellness, and health connect in everyday life?

The Nutrition and Wellness minor gives students a hands-on introduction to nutrition science, healthy living, behavior change, and the social factors that shape what and how we eat. Whether you're interested in a future career in healthcare, public health, fitness, or just want practical knowledge you can use for life, this minor pairs well with a wide range of majors. It is open to all undergraduate students and courses are offered at both the NYC and Pleasantville (PLV) campuses, making it easy to fit into your schedule no matter where you study.