

# health & wellness

Johnson Hall • 36 University Drive • Bethlehem, PA 18015 • [inluhc@lehigh.edu](mailto:inluhc@lehigh.edu)

## APPOINTMENT HOURS

Monday - Thursday: **8:15 - 4:30**  
 Friday: **9:15 - 4:30**

*Check HWC's IG or website for any changes during holiday and break times.*

Looking to schedule an appointment with HWC?

Please call 610-758-3870.

We are an appointment-based office.

## LOCATION

**NEW:** All clinical appointments are located on the 2nd floor. Enter through the west-side doors of Johnson Hall.



OUR

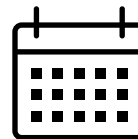
## Services

In addition to evaluating and treating illnesses and injuries, the Health & Wellness Center also offers other services to Lehigh students such as:

- Reproductive Health Services
- Immunizations
- Lab Services
- Physical Exams
- Specialist Referrals
- Sexual Health Services
- .. and more!

For more information and to view **all** services, check out our website:

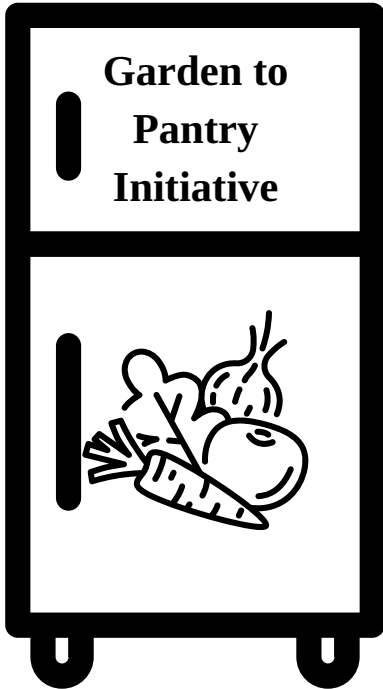
[lehigh.edu/health](https://lehigh.edu/health)



## IMPORTANT UPCOMING ACADEMIC DATES

11/7	Civic Engagement Day (no classes)
11/10	Last day to withdraw with a W
11/13-11/16	Winter/Spring registration
11/22-11/24	Thanksgiving Break
12/8	Last day of class
12/12-12/20	Final Exam period

# Student Resource Center/Pantry



Located in Johnson Hall on the 3rd floor, the student resource center/pantry is available to all undergraduate and graduate students. This is also where the Garden to Pantry fridge is located that offers fresh produce from the Permaculture Park. Follow us on Instagram [@lehighhealthcenter](https://www.instagram.com/lehighhealthcenter) to keep up with produce restock.

Other items available:

- variety of food/snack items: oatmeal, mac and cheese, tuna, granola bars, sandwich crackers, & more
- health-related items: basic first aid kits, hygiene products, OTC Covid tests, pregnancy tests, & more

As mentioned in last month's newsletter - an extension of the student resource center will now be ON WHEELS. Find the Peer Health Advisors (PHA) *cruising* around campus a few times a week as we continue to support your well-being needs.



## UPCOMING HWC EVENTS

MARK YOUR CALENDAR


Health & Wellness Center x Health Advancement & Prevention Strategies  
Presents

### WELLNESS Wednesday

Monthly conversation around different health-related topics



**Series 3: "Birth Control 101"**

**Topic:** Birth Control 101 & what this process looks like at HWC  
**Audience:** all students welcomed  
**Date:** Wednesday, November 1 | **Time:** 12:15 - 1:00 PM  
**Location:** Johnson Hall - 3rd Floor lobby



RSVP preferred, but not required

Zoom option also available; reach out to Yen DeBellis ngn217



# FREE STI TESTING CLINIC

Schedule an appointment on your [Student Health Portal](#)

Screening provided is for Chlamydia & Gonorrhea. Please be advised that screening includes a urine sample. For other screenings, please contact the Health & Wellness Center.



NOVEMBER 14  
9:00 AM - 11:00 AM

DECEMBER 5  
9:00 AM - 11:00 AM  
1:00 PM - 4:00 PM

HEALTH & WELLNESS CENTER  
2ND FLOOR WEST-SIDE DOOR ENTRANCE  
(FACING SINGLETON, HITCH, AND MAIDA)



**Protect your crew,**

**Get vaccinated  
against the flu!**

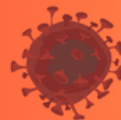


PEER HEALTH  
ADVISORS

**Lehigh Student Flu Clinic**  
**Wednesday**  
**November 8th**

**9am - 4pm**

**STEPS**



**Bring:**

**insurance card (copy/pic front and back) and paperwork from sign up**

**Sign up now:**

**[go.lehigh.edu/flu2023](https://go.lehigh.edu/flu2023)**



got a question? email [inhaps@lehigh.edu](mailto:inhaps@lehigh.edu)

# CAMPUS RESOURCES

Healthy. Happy.  
Here we come.



Start your free membership today!  
[GO.LEHIGH.EDU/HEADSPACE](https://go.lehigh.edu/headspace)

Questions or issues?  
email [inhaps@lehigh.edu](mailto:inhaps@lehigh.edu)

PEER HEALTH  
ADVISORS



Student Support  
(Formerly MySSP)

Chat. Call. Anytime. Anywhere.

- 24/7 real-time phone and chat support
- real-time and scheduled support
- multiple languages
- wellness resources

DOWNLOAD THE APP >



CALL  
1.844.886.8536

OR  
+001.416.380.6578  
(OUTSIDE US)



#ITSOKAYTOFEEL

FOR MORE INFORMATION, VISIT:

UNIVERSITY COUNSELING AND PSYCHOLOGICAL SERVICES (UCPS)

610-758-3880 | [INCSO@LEHIGH.EDU](mailto:INCSO@LEHIGH.EDU)

[www.lehigh.edu/health](http://www.lehigh.edu/health) | 610-758-3870 | [inluhc@lehigh.edu](mailto:inluhc@lehigh.edu)