

# HEALTH & WELLNESS CENTER

## MEET OUR DIRECTOR OF NURSING

Karen Sicinski BSN, AMB-BC, NDTR has been at the Health & Wellness Center for over 30 years. She started at Lehigh after working as a Critical Care nurse for nearly 8 years at LVHN. While working a variety of shifts at the Health & Wellness Center, Karen completed a secondary degree in Nutrition, partly in response to the growing needs of the student population. In January 2021, she stepped into the Director of Nursing role as the campus continued to navigate the pandemic. Karen's professional interests include Women's Health, Nutrition, and Cultural Competency. She considers herself an avid foodie and enjoys traveling, fishing, gardening and spending time with family that includes 3 granddaughters.

**NEXT EDITION: MEET DAVID KRAUSS, OFFICE MANAGER**



### UPCOMING EVENTS

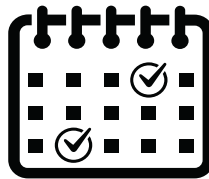
#### HWC FINALS TABLE

DECEMBER 5 - 9  
11 - 1 pm

3rd Floor Lobby of Johnson Hall  
beverages  
snacks  
swag items  
condoms  
at-home covid tests  
fresh fruit and muffins

## HWC SEMESTER IN REVIEW

AUG 1 - NOV 30



**3,786**

APPOINTMENTS  
SCHEDULED

**10,902**

SENT AND RECEIVED  
SECURE MESSAGES  
(DOES NOT INCLUDE EMAILS)



**6,147**

PHONE CALLS  
RECEIVED



Looking to schedule an appointment with HWC?

Please call 610-758-3870.

We are an appointment-based office.



FOLLOW US  
ON INSTAGRAM  
@LEHIGHHEALTHCENTER



**NARCAN** (naloxone HCl)  
NASAL SPRAY



Provided by the  
Bethlehem Health Bureau  
Available at the  
Health & Wellness Center

Contact Yen DeBellis  
to complete a brief form (from BHB)  
and schedule time to pick up  
ngn217@lehigh.edu

### Lehigh's Absence Policy

Per The Lehigh University Absence Policy, The Health & Wellness Center does not distribute medical excuses in the case of students missing class and/or exams due to illness or injury.

Lehigh students may fill out a Report of Student Absence form through the [Office of Academic Life and Student Transitions](#).

# COMMUNITY RESOURCES AND EVENTS

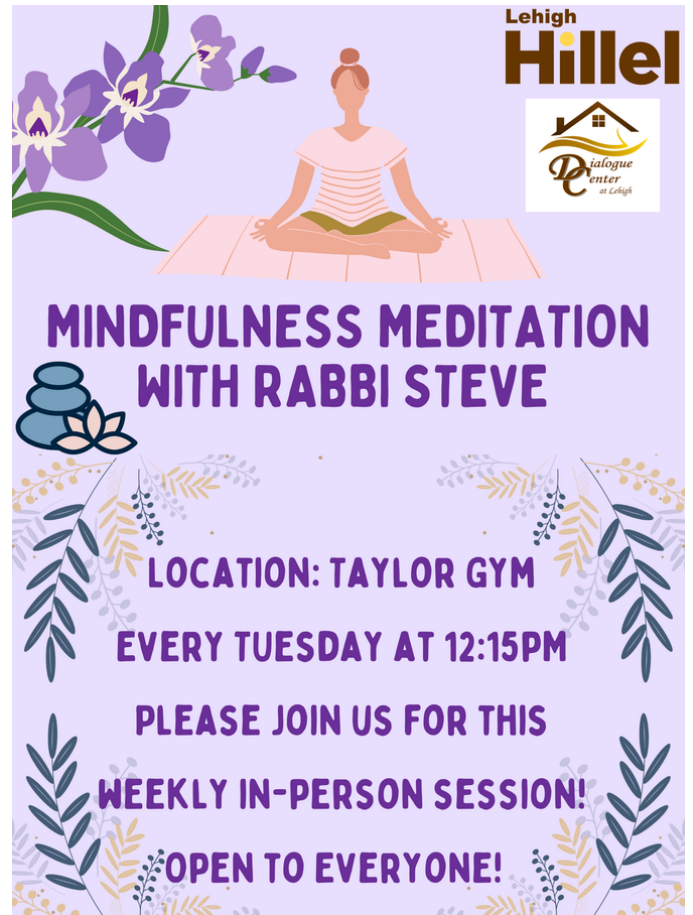


**KNIT 2GETHER**  
ALL STUDENTS WELCOME!


IN-PERSON GROUP  
WHERE WE CAN  
LEARN TO KNIT AND  
NAVIGATE LIFE TOGETHER

12-WEEK SESSION BEGINS JANUARY 31ST  
MONDAYS 3:30-4:30PM IN HST 211

NO EXPERIENCE NEEDED, SUPPLIES PROVIDED  
EMAIL [INHAPS@LEHIGH.EDU](mailto:INHAPS@LEHIGH.EDU) TO SIGN UP



Lehigh  
**Hillel**




**MINDFULNESS MEDITATION  
WITH RABBI STEVE**

LOCATION: TAYLOR GYM  
EVERY TUESDAY AT 12:15PM

PLEASE JOIN US FOR THIS  
WEEKLY IN-PERSON SESSION!

OPEN TO EVERYONE!





UCPS

**MindfulLU**

Thursdays @ 4:00pm.  
Taylor Gym meditation Room  
No commitment drop-in workshop

Topics:  
Introduction to Mindfulness  
Mindful Movement  
Mindful Play  
Mindful Expression

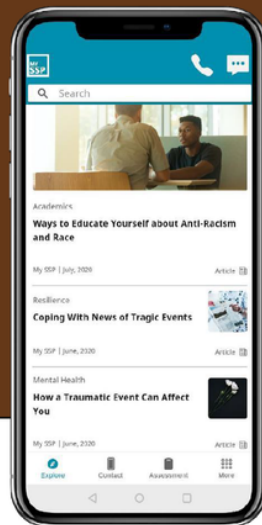
#FROMHEREWITHLUV

# COMMUNITY RESOURCES AND EVENTS



## Your success starts with great support

Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. My Student Support Program (My SSP) is here to help you succeed. Connect with us 24/7 for free, confidential mental health and wellbeing support.



**Call. Chat. Anytime. Anywhere.**  
Download the app to connect today

My SSP app provides **free** access to a variety of wellbeing resources:

- Articles
- Assessments
- Podcasts
- Videos
- Virtual Fitness Sessions

Free, confidential support when you need it.

- 24/7 real-time phone and chat support
- Multilingual support available
- Match with a professional counselor
- On-going short-term phone and video counseling support by appointment

My SSP can help you anytime with adapting to new challenges, being successful at school, stress and worry of daily life, relationship concerns, sadness and loneliness, uncertainty and much more.



1.844.886.8536

\*If calling from outside North America: 001.416.380.6578

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FOR MORE INFORMATION, VISIT:  
[UNIVERSITY COUNSELING AND PSYCHOLOGICAL SERVICES \(UCPS\)](#)



## HAVE YOU GOTTEN YOUR FLU SHOT?

IT'S NOT TOO LATE

- CVS - 305 WEST FOURTH STREET
- RITE AID - 104 E THIRD STREET
- WALGREENS - 1319 HANOVER AVENUE

*\*Check with your insurance regarding coverage.*

*\*If you are enrolled in the University Student Health Plan, the flu shot is covered.*

