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

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.

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 TO SIGN UP

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!

MindfuLU

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

Topics:
Introduction to Mindfulness
Mindful Movement
Mindful Play
Mindful Expression

FROMHEREWITHLUV
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.

www.lehigh.edu/health