

HEALTH & WELLNESS CENTER

While we have seen a slight decline with illnesses on campus over the last few weeks, the numbers locally and nationally remain steady and higher than in previous seasons. Whether you are traveling or staying close by for spring break, continue good hand hygiene, avoid contact with those who are sick, staying home when you do not feel well, and being mindful of gathering spaces and fresh air.

The Health & Wellness Center will be open and available during the week of spring break. Please call to schedule an appointment: 610-758-3870.

REGULAR

APPOINTMENT HOURS

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

SPRING BREAK

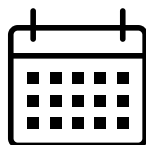
APPOINTMENT HOURS

Monday - Thursday: 9:00 - 3:00
Friday: remote services only

CHECK HWC'S [INSTAGRAM](#) OR [WEBSITE](#) FOR ANY CHANGES



FOLLOW US ON INSTAGRAM
[@LEHIGHHEALTHCENTER](#)



IMPORTANT SPRING ACADEMIC DATES

3/10 - 3/14
3/31 - 4/10
4/14 - 4/17
5/2
5/6 - 5/14

Spring Break
Common Hour Exams
Summer/Fall Registration Period
Last Day of Class
Final Exam Period

WELL-BEING / LACTATION ROOM

A new reservable space in Johnson Hall that features a massage chair, a sofa chair, a small water feature, and some crafts. We hope this space can provide some privacy and comfort as you seek out locations across campus to utilize. Reservations can be made at this [link](#) or at the following QR code.



UPCOMING HWC/HAPS EVENTS

MARK YOUR CALENDAR



Health & Wellness Center x Health Advancement & Prevention Strategies

FREE STI TESTING CLINIC

TUESDAY, MARCH 25
More dates to follow

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

SCHEDULE AN APPOINTMENT ON YOUR STUDENT HEALTH PORTAL:
<http://lehigh.studenthealthportal.com>

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



Health & Wellness Center
2nd floor west-side door entrance
(Facing Singleton, Hitch, and Maida)

KEEP AN EYE OUT FOR
OTHER WEEK OF
WELLNESS EVENTS

In partnership with Student Senate for Week of Wellness,
Health & Wellness Center x Health Advancement & Prevention Strategies

WELLNESS WEDNESDAY

OPEN TO ALL STUDENTS

“OVER-THE-COUNTER SUPPLEMENTS + MEDICATION INTERACTIONS”



Location: Roemmele Global Commons at Williams
Date: Wednesday, 3/26 | Time: 4:30 PM

Monthly conversation around different health-related topics



CAMPUS RESOURCES, EVENTS & MORE

Hosted by PSECU and Lehigh's Center for Student Access & Success, Financial Aid Office, and Center for Career & Professional Development

JOIN US FOR FINANCIAL LITERACY AND PIZZA!



GRAB A SLICE AND GET A DOSE OF [FINANCIAL] REALITY

Practice your financial literacy skills as you engage in a fun, educational, and interactive budgeting activity. Pizza to be provided and available on first-come, first-serve basis.



LAMBERTON HALL ROOM 151
TUESDAY MARCH 4, 2025
4:30-6:30 PM*

*The activity will only take you approximately 30 minutes. Feel free to arrive any time between 4:30-6:30pm, participate in the activity, enjoy a slice of pizza, and head out whenever you wrap up with the experience.

SCAN TO REGISTER
(NOT REQUIRED BUT ENCOURAGED AND APPRECIATED)

Spot Me

A Sustainable Menstrual Product Giveaway

Undergrad and Grad Students!

The Center for Gender Equity and the Office of Sustainability are offering

FREE

Menstrual Cups, Discs, OR Period Underwear

*Supplies are limited and will be distributed on a first-come, first-serve basis.

Join us for our Kick Off Event!

Tue. Feb. 4th • 11am - 2pm • FML

Learn about sustainable menstrual products!

Enjoy FREE

- Food
- Drinks
- Giveaways



LEHIGH SUSTAINABILITY

Please send questions to sustainability@lehigh.edu.

RESERVE YOURS NOW!

- 1 Find your fit** by viewing the sizing guides available online.
- 2 Sign up** for one FREE Menstrual Cup, Disc, or pair of Period Underwear Feb. 4th - 18th.
- 3 Pick up** your product in late February on campus.

Lehigh after dark

3/6 MUG PAINTING

3/20 MEET & MEAT

3/20 ART NIGHT

3/21 SEX IN THE DARK

3/27 THURSDAY NIGHT TRIVIA

3/28 GLOW SPIN

3/28 ZEN GARDEN MAKING

3/29 WINGO

& MORE THURSDAY, FRIDAY & SATURDAY

FOLLOW @LEHIGHAFTERDARK FOR ADDITIONAL DETAILS & EVENTS

QUESTIONS??
EMAIL INDARK@LEHIGH.EDU

SEXISM SUCKS

But Succulents Don't

Embracing Women's History (and awesomeness) Month & International Women's Day with free succulents & other giveaways.

MARCH 6, 2025 10 AM TIL SUPPLIES LAST

University Center, 1st floor west lobby

Questions? Contact incge@lehigh.edu

LEHIGH OUTING CLUB PRESENTS..

TOUCHING GRASS (A SERIES)

3/22 PROTECT THE PARKS

3/22 HIKE AND PAINT WITH ARTISTS FOR CHANGE

4/26 DAY IN THE SUN HIKE

JOIN OUR EMAIL LIST!

LOOK FOR SIGN-UPS UP TO TWO WEEKS IN ADVANCE IN OUR WEEKLY EMAIL INOUTING@LEHIGH.EDU

PAID COLLEGE HEALTH RESEARCH STUDY

Help us understand how alcohol affects health & improve campus health center services!

Who can participate?

- 18-24 years old
- College student
- Have an appointment at the campus health or counseling center

Sign up:

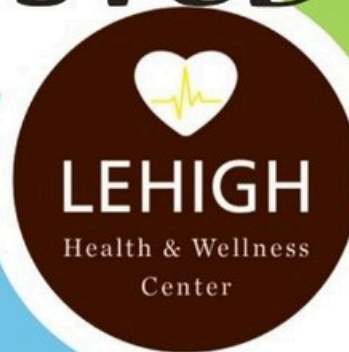
<https://bit.ly/3rh8oOA>

Questions?

Email:

walkerea2@upmc.edu

PI: Dr. Liz Miller



What is involved?

- 4 online surveys on private website
 - Baseline - \$20
 - Exit survey - \$10
 - 4 month follow up - \$30
 - 12 month follow up - \$40
- Virtual enrollment
- Your information will be kept confidential
- You can opt out at any time

SOUTHSIDE MOBILE CLINIC

OUR SERVICES

SEXUAL & REPRODUCTIVE HEALTH SERVICES

- BIRTH CONTROL OPTIONS
- PLAN B
- PREGNANCY TESTING
- PAP TEST/ PELVIC EXAM
- BREAST EXAM
- STI TESTING

“
AT NO COST TO YOU
”

APPOINTMENT ONLY

Call NOW to schedule!

☎ 610-865-7083



INFORMATION



The second
Monday of each
month



5-7 PM



616 E 4th St, Bethlehem
PA 18015 (Fourth &
Buchanan St Lot)