

# HEALTH & WELLNESS CENTER



## MEET OUR OFFICE MANAGER

David Krauss has been at the Health & Wellness Center for 15 months. He started at Lehigh in October of 2021 as the Office Coordinator and in August, transitioned into the Office Manager role. Prior to coming to Lehigh, he worked in similar administrative roles; most recently for 4 years at a Pediatric Clinic, and for 7 years at a Continuing Care Retirement Community prior to that. David's professional interests include helping people navigate and understand the complexities of health insurance, and learning more about the college health population. A lifelong resident of Bethlehem, David enjoys taking advantage of all the surrounding community has to offer, but also enjoys long weekends in New York City, and summer days down at the Jersey Shore.

NEXT EDITION: Meet our Staff Physicians

## APPOINTMENT HOURS

Monday - Thursday: 8:30 - 4:00  
Friday: 9:15 - 4:00  
Lunch (closed) 12:00 - 1:00

Check HWC's IG or website for any changes



## 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](#).

welcome BACK

We hope you had a restful break. Looking to schedule an appointment with HWC? Please call 610-758-3870. We are an appointment-based office.



UPCOMING EVENTS:

## FREE STI TESTING

SCHEDULE AN APPOINTMENT ON YOUR [STUDENT HEALTH PORTAL](#)



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

- JANUARY 31
- FEBRUARY 14
- FEBRUARY 28

\*\*more dates to follow



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

# CERVICAL HEALTH AWARENESS MONTH

**Cervical cancer is one of the most preventable and treatable types of cancer**

Yet in 2020, more than **600 000 women were diagnosed** with cervical cancer worldwide and almost **350 000 died** from the disease

Screening and vaccination are key to prevent the disease

International Agency for Research on Cancer  
World Health Organization

## COMMUNITY RESOURCES AND EVENTS

Spring 2023  
**MindfuLU**

This 60-minute drop-in workshop focuses on mindfulness - or the practice of getting in touch with the present moment, without judgment or evaluation. This includes rotation through four workshops that cycle through four different ways to practice and explore mindfulness. All students are welcome. No previous experience needed.

- Jan 26: Intro to Mindfulness
- Feb 2: Mindful Movement
- Feb 9: Mindful Play
- Feb 16: Mindful Expression
- Feb 23: Intro to Mindfulness
- Mar 2: Mindful Movement
- Mar 9: Mindful Play
- Mar 16: Mindful Expression
- Mar 23: Intro to Mindfulness
- Mar 30: Mindful Movement
- Apr 6: Mindful Play
- Apr 13: Mindful Expression
- Apr 20: Intro to Mindfulness
- Apr 27: Mindful Movement
- May 4: Mindful Play

Drop-In Thursdays at 4:00pm  
Taylor Gym Meditation room.

Call 610-758-3880 or email [incso@lehigh.edu](mailto:incso@lehigh.edu) with questions.

**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

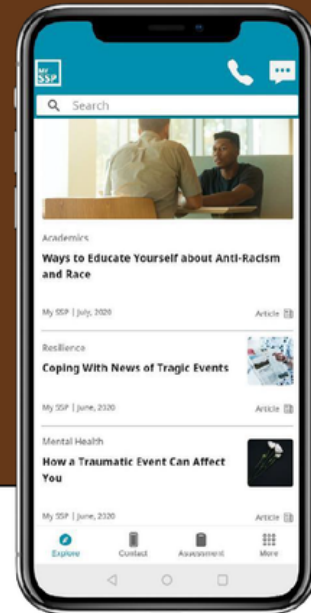
NO EXPERIENCE NEEDED, SUPPLIES PROVIDED  
EMAIL [INHAPS@LEHIGH.EDU](mailto:INHAPS@LEHIGH.EDU) TO SIGN UP

# 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 \(UCPS\)](#)