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.

FREE STI TESTING

SCHEDULE AN APPPOINTMENT 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

www.lehigh.edu/health
COMMUNITY RESOURCES AND EVENTS

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.

COMMUNITY RESOURCES AND EVENTS

MindfuLU

Spring 2023

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 610-758-3850 or email inseg@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 injaps@lehigh.edu to sign up.

www.lehigh.edu/health
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

FOR MORE INFORMATION, VISIT:
UNIVERSITY COUNSELING AND PSYCHOLOGICAL SERVICES (UCPS)

www.lehigh.edu/health