

HEALTH & WELLNESS CENTER

MEET OUR STAFF PHYSICIANS



Dr. Gopal has been at the Health & Wellness since August 2019. Prior to Lehigh, he was at St. Luke's Urgent Care Center. Dr. Gopal's professional interests include preventative care and dermatology. In his free time, he enjoys spending time with his family, watching soccer, fitness, traveling, meditating and yoga.

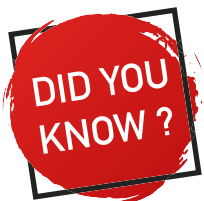


Dr. Renneisen has been at the Health & Wellness Center since the beginning of January. Prior to working at Lehigh, she was a family medicine doctor practicing with Lehigh Valley Health Network. Dr. Renneisen's professional interests include women's health, mental health, and preventive care. In her free time, she enjoys spending time with her husband and daughters, cooking, gardening, hiking, dancing, knitting/sewing, and traveling.



Dr. Cornish has been at the Health & Wellness Center since the beginning of January. Prior to Lehigh, he was engaged in the long term practice of Emergency Medicine. Dr. Cornish's professional interests include trauma, infectious disease, and airway management. In his free time, he enjoys photography, American history, and fishing.

NEXT EDITION: Suzanne Cleary, Nurse Practitioner



FEBRUARY IS NATIONAL CONDOM MONTH

The HWC offers free condoms year round.
Available in the HWC 2nd and 3rd floor lobbies, and in our pantry.





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

HAVE YOU VISITED OUR PANTRY?

Health & wellness items
including FREE rapid Covid tests, hygiene
products, hot/cold packs, condoms, OTC
medication, and more, along with some
food items.

Please complete the anonymous survey
displayed in the pantry **upon every visit.**

UPCOMING HWC EVENTS



FREE STI TESTING

SCHEDULE AN APPOINTMENT ON YOUR
STUDENT HEALTH PORTAL



[LEHIGH.STUDENTHEALTHPORTAL](https://lehigh.studenthealthportal.com)

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

- FEBRUARY 14
- FEBRUARY 28

*** More dates to follow*

HEALTH & WELLNESS CENTER
2ND FLOOR WEST-SIDE DOOR ENTRANCE
(FACING SINGLETON, HITCH, AND MAIDA)



CAMPUS RESOURCES AND EVENTS



Spring 2023
MindfulLU

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 inco@lehigh.edu with questions.
#FROMHEREWITHLUV



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

HAPS



Join us for
THE LOVE STEPS CONOURSE
2.14.23
10:00AM - 2:00PM

We invite you to make crafts, engage in dialogue and to spread some love.♥

CENTER FOR GENDER EQUITY
Office of Diversity, Inclusion & Equity



foodie FRIDAYS
NOURISH your potential

Stop by Taylor Gym the last Friday of select months for a rewarding nutrition tabling event. From nutrition education to food sample giveaways, you can always expect some delicious fun on Foodie Fridays!

SPRING 2023 DATES/TIMES:

- FRIDAY, JANUARY 27TH 12-1 PM
- FRIDAY, FEBRUARY 24TH 1-2 PM
- FRIDAY, MARCH 31ST 1-2 PM
- FRIDAY, APRIL 28TH 1-2 PM

+484-357-2258

No sign-up required!

JUST STOP ON BY TO "NOURISH YOUR POTENTIAL!"

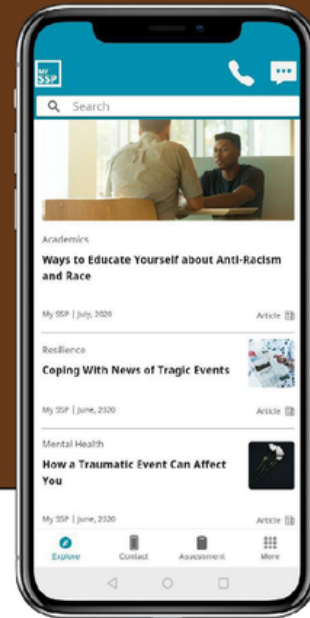
CAMPUS RESOURCES AND EVENTS



LEHIGH
UNIVERSITY

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 \(UCPS\)](#)

www.lehigh.edu/health