

HEALTH & WELLNESS CENTER



MEET OUR NURSE PRACTITIONER

Suzanne has been a Nurse Practitioner at the Health & Wellness Center since October 2019. Prior to Lehigh, Suzanne worked several years in Family Practice as well as OBGYN. Suzanne's professional interests include women's health, patient education and mental health support. In her free time, she enjoys spending time with her four children and their activities. Suzanne also enjoys time at the beach, working in the garden and baking.

NEXT EDITION: Nurses and Medical Assistant

APPOINTMENT HOURS

Monday - Thursday:	8:30 - 4:00
Friday:	9:15 - 4:00
Lunch (closed):	12:00 - 1:00
Spring Break:	9:00 - 3:00
Lunch (closed):	12:00 - 12:30

Check HWC's IG or website for any changes

Looking to schedule an appointment with HWC?

Please call 610-758-3870.

We are an appointment- based office.

FOLLOW US
ON INSTAGRAM

@LEHIGHHEALTHCENTER



OUR

Services

In addition to evaluating and treating illnesses and injuries, the Health & Wellness Center also offers other services to Lehigh students such as:

- Reproductive Health Services
 - **NEW:** IUD Insertion & Removal
 - **NEW:** Nexplanon Insertion & Removal
- Immunizations
- Lab Services
- Physical Exams
- Referrals
- Sexual Health Services
 - **NEW:** PrEP
- .. and more!

For more information and to view **all** services, check out our website:

lehigh.edu/health



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 & Student Transitions.



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

UPCOMING HWC EVENTS

FREE STI TESTING

SCHEDULE AN APPOINTMENT ON YOUR
STUDENT HEALTH PORTAL



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

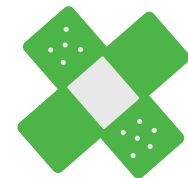
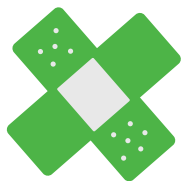
MARCH 21

***more dates to follow*

9:00 AM - 11:30 PM

2:00 PM - 4:00 PM

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



UPCOMING HWC EVENTS



March is National Nutrition Month

For nutrition month, we are featuring and partnering with Keri Lasky. Read about her here and join us March 29.



Keri Lasky, MS, RD, LDN, CLT is Lehigh University's on-campus Registered Dietitian. Keri received her Bachelor's Degree in the Science of Nutrition at Cedar Crest College in 2011. She completed her dietetic internship with the College of Saint Elizabeth in 2012, and while working as a clinical dietitian in acute care, she obtained her Master's Degree in the Science of Nutrition from the College of Saint Elizabeth as well.

Keri was a Retail Dietitian for a major grocery store chain for six years, which is where she became a Certified Lifestyle Eating and Performance (LEAP) Therapist that specializes in testing and counseling for food sensitivities. Her passions include developing, promoting, and delivering health & wellness programs/services to the community, and making healthy eating fun & enjoyable.

Students, faculty and staff can meet with Keri by scheduling through the Lehigh Nutrition Homepage at <https://lehigh.sodexomyway.com/explore/nutrition>.

**HEALTH & WELLNESS CENTER
IN PARTNERSHIP WITH
LEHIGH DINING
FOR NATIONAL NUTRITION MONTH**



"BRAIN & ENERGY BOOST"

**MATCHA
ENERGY BALLS
& RECIPES**

**JOIN US
MARCH 29, 2023
4:00 - 6:00 PM**


***WHILE SUPPLIES LAST*

**HEALTH & WELLNESS CENTER
JOHNSON HALL
3RD FLOOR ENTRANCE
36 UNIVERSITY DRIVE**



CAMPUS RESOURCES AND EVENTS

LUPD X HAPS



HUMAN TRAFFICKING AWARENESS FORUM

MARCH 7TH | 5-7 PM | HST 101

JOIN US FOR A DISCUSSION ABOUT HUMAN TRAFFICKING WITH A Q&A PANEL DISCUSSION LEAD BY HSI, VALLEY YOUTH HOUSE AND VAST.

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!"

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 with questions.

#FROMHEREWITHLUV

PRIDE CENTER LUALLY SPRING SESSIONS

REGISTER AT
go.lehigh.edu/LUALLY



12:00 pm - 1:30 pm
pizza lunch provided or bring your own

? email pridecenter@lehigh.edu

The Pride Center is committed to making each and every one of our programs and initiatives accessible and inclusive. If you are planning to attend a program and have any accessibility needs or desires, please contact Mel Kilchen at mbk411@lehigh.edu in advance of the program for coordination.

March 21, 2023
LUally Foundations

A revamped foundational workshop focused on active allyship, spheres of influence, foundational LGBTQIA+ terms, and the roll of love in our efforts. Even if you have attended our LGBTQ 101 in the past, this new session is for you!

Located in STEPS 280 - 12pm-1:30pm
Earn 25 Be Well Points

April 18, 2023
LUally Lunch & Learn

An informal LUally discussion focused on the legislative landscape targeting queer people, in particular our trans siblings, and how we all can work together against these harmful legislative proposals (and laws!). We will also discuss our Love is Activism intentional focus and how love compels action.

Located in STEPS 280 - 12pm-1pm
Earn 25 Be Well Points

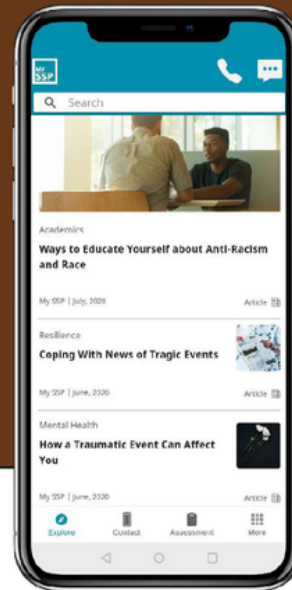
CAMPUS RESOURCES AND EVENTS



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 \(UCPS\)](#)
610-758-3880 | INCSO@LEHIGH.EDU

www.lehigh.edu/health