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.

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.

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

FOLLOW US ON INSTAGRAM
@LEHIGHHEALTHCENTER

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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.

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

www.lehigh.edu/health
**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.

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**Foodie Fridays**

Stop by Taylor Gym the last Friday of select months for a revolving menu of plant-based food, education to food simple 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

Just stop on by to “NOURISH YOUR POTENTIAL”!

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**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 610-758-3580 or email incso@lehigh.edu with questions.
#FROMHEREWITHLUV

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**Pride Center LuAllly Spring Sessions**

Register at
go.lehigh.edu/LuALLY

**March 21, 2023**

LuAllly 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 200 - 12pm-1:30pm
Earn 25 Be Well Points

**April 18, 2023**

LuAllly Lunch & Learn

An informal LuAllly 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 200 - 12pm-1pm
Earn 25 Be Well Points

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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.

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)
610-758-3880 | INCSo@lehigh.edu

www.lehigh.edu/health