

# HEALTH & WELLNESS CENTER

## MEET OUR NURSES AND MEDICAL ASSISTANT



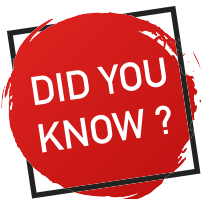
Dolly (Clinical Nurse) has been at the Health & Wellness Center since August 2020. Prior to Lehigh, she was at Easton Hospital working in the Medical Surgical Intensive Care Unit (ICU), and before that, in the telemetry unit. Dolly received her bachelor's degree in Nursing in 1995 and worked as a nurse in the Indian Railways from 1996 - 2006. During that time, she received her masters in Sociology. Dolly's professional interests include critical care, preventive care, health education and learning cultural competency. In her free time, she enjoys spending time with her family, listening to music, gardening, traveling, and watching comedy series.



Morgan (Medical Assistant) has been at the Health & Wellness since December 2020. Prior to Lehigh, she was at Coordinated Health/LVHN as a NCCMA specializing in orthopedic surgery, and before that worked in various primary care practices in the Lehigh Valley and Poconos. Morgan's professional interests include orthopedic surgery/care, infection/wound care and patient health education. In her free time, she enjoys spending time with her dogs (a St. Bernard named Wilson and a Dutch Shepherd named Ellie), and taking spin classes at 6ycle studio/lifting at Supersets gym.



Kate (Clinical Nurse) has been at the Health & Wellness Center since January 2021. She started as the COVID Nurse Case Manager working remotely with the COVID surveillance team, and then transitioned into working full-time at the health center as a clinical nurse in 2022. Prior to working at Lehigh, Kate worked at Holy Family Manor and Lehigh Valley Health Network. Before becoming a nurse, Kate worked in Philadelphia at a public health non-profit, and received her masters in public health at Drexel University. Kate's professional interests include staying up to date on the latest public health and epidemiologic news both locally and globally. In her free time, she likes to garden, listen to music, and attend her son's sporting events.



APRIL IS STI AWARENESS MONTH  
free testing information below



## 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.

## ARE YOU IMMUNIZATION COMPLIANT?



Log in to your Student Health Portal to view your immunization compliance status. A **green checkmark** indicates compliance; a **RED X** indicates noncompliance. Upload documentation for processing or send us a secure message through the portal if you have any questions.

## 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.

**APRIL 18**  
**MAY 2**

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

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



# CAMPUS 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 [inco@lehigh.edu](mailto:inco@lehigh.edu) with questions.  
 #FROMHEREWITLUV

## MINDFULNESS MEDITATION W/ RABBI STEVE

PLEASE JOIN US FOR THIS WEEKLY  
IN-PERSON SESSION!  
OPEN TO EVERYONE!!  
EVERY TUESDAY @ 12:15 P.M  
LOCATION: TAYLOR GYM

**Lehigh**  
Jewish Student Life

# Healthcare for LGBTQ+ Students

FOCUS GROUP

Come volunteer in a focus group discussing physical, emotional, and mental healthcare as an LGBTQ+ student

Use this link, [go.lehigh.edu/LGBTQHealthFocusGroup](https://go.lehigh.edu/LGBTQHealthFocusGroup) or scan the QR code!

Dinner, refreshments, and a gift card will be provided!

Please reach out to Gehar Bitar at [gbitar@ufl.edu](mailto:gbitar@ufl.edu) with any questions

# foodie FRIDAYS

powered by **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!"

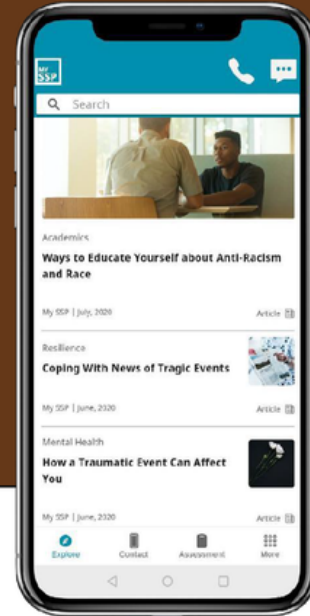
# CAMPUS RESOURCES AND EVENTS



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)  
610-758-3880 | [INCSO@LEHIGH.EDU](mailto:INCSO@LEHIGH.EDU)

[www.lehigh.edu/health](http://www.lehigh.edu/health)