Staying Well This SUMMER

Summer Tips:

- Stay hydrated
- Spend time in nature & wear sunscreen
- Limit direct sun exposure between 10 AM and 4 PM
- Prioritize sleep
- Connect with a friends
- Eat summer fruits and vegetables

STUDENT WELLNESS CENTER
LEWIS UNIVERSITY
Live Well.

Student Wellness Center Hours:

Summer Hours: Tuesday & Wednesday
8:30 AM-5:00 PM

Use TimelyCare for 24/7 Health & Mental Health Support

- Schedule a health visit or chat via MedicalNow
- Meet with a counselor or use urgent TalkNow
- Self-Care Journeys