

September 5, 2018

Dear Colleagues:

We are excited to launch year two of Iowa State's holistic employee well-being program, [Adventure2](#). This online program allows you to set goals, track your activities, complete challenges, connect with colleagues across the university, and earn points for recognition and rewards. New this year, I invite you to create a well-being team to join my Million Steps Challenge.

Iowa State University strives to create a caring culture where all individuals feel welcome, included, and supported, and that includes support for your well-being. This is essential to your personal and professional success and the success of the university. Whether you have been actively engaged in Adventure2 or you are participating for the first time – we hope you will join us for a year of better well-being at ISU! Click [Adventure2](#) to learn more or sign up now.

Wendy Wintersteen
President

All campus messages from President Wintersteen are posted online at president.iastate.edu/communications/messages