

Did you know? [Adventure2](#) isn't just about getting fit, and it starts back up for a new year August 1st!

ISU WellBeing is launching its 7th year of [Adventure2](#) on August 1st of 2023!

What does a “new year” for Adventure2 mean?

A new year means a new start at making progress towards goals. If you are in it for the points, that means you will start back at zero points and start the journey back through the levels gaining awards on the way.

But what if I don't care about levels and I just want to connect with others on campus?

There is a section on Adventure2 for those who want to make Campus Connections! Under the Home tab there are many ways to connect. Campus Connections and Cheers are a few ways to connect with others on campus. Click the Campus Connections button to see different things going on or questions others on campus have. From finding out about a cake decorating class to joining a volleyball team or seeing if a local berry is edible or not, this community lets you put information out there for other employees on campus to connect!

What else does Adventure2 have to offer?

Adventure2 also shows you the benefits you have here at ISU! Under the services tab there is an area that says My Benefits. There you can learn more about the Employee Assistance Program (this benefit helps you and your family with issues affecting your day-to-day life, such as stress, anxiety, depression, parenting), Blue365 (a free health and wellness program provided to members of Wellmark Blue Cross and BlueShield), Parenting Success Solution

(an employee benefit that gives your family 24/7 access to tools and resources to help you understand, teach and better communicate with your child, including those with developmental and learning challenges), Parenting Support Webinars (access to [free monthly webinars](#) hosted by subject matter experts), and Mental Health Resources (there are a variety of resources available, both on-campus and in the community).

Think any of this may be up your alley?

Check it out at iastate.limeade.com

Any other questions? Reach out to wellbeing@iastate.edu.