

Wellbeing Workshop Series Available

Wellbeing isn't something to achieve and check off a bucket list. Instead, it's an ongoing journey that varies with each person. Iowans can find their own way in a new program from Iowa State University Extension and Outreach.



“What About Me? My Wellbeing” is a four-week educational workshop series available at no cost to agencies, businesses, and other interested groups. Each workshop is 45 minutes. During each session, important information about the topic is shared and participants engage in hands-on learning and discussion. Each session closes with participants developing personal plans for their own wellbeing. The introductory, research-based program covers taking time for oneself, relationships, finances and physical health.

“Wellbeing is not an end, it's a journey. Your needs will fluctuate depending on where you are in your life. This program can be applied at any point,” said Malisa Rader, a human sciences specialist with ISU Extension and Outreach.

“It's all about taking time out of your busy schedule to reflect on the lifestyle choices you're making to meet your own goals for your relationships and your financial and physical health. This is not about us telling you what you should be doing. It's about you figuring out what you should be doing based on your own individual goals,” Rader said.

“Participants will learn some new information, but what's more important is that the program allows participants to take time to focus on themselves,” added Rader.

“After completing the program, participants will have the tools to keep working on their own wellbeing,” Rader said.

If you would like to learn more about this free program and assist your employees or group with starting a journey toward improved wellbeing, contact Malisa Rader at mrader@iastate.edu or your local ISU Extension and Outreach human sciences specialist.