

Summer Programs



Find local summer camps and programs with confirmed openings for 2024, as of 03/05/2024. We will continue to update this page as more opportunities become available. Contact information can be found on the camp websites (by clicking the camp listed below, you will be directed to their website). You should contact the camp directly for full program details or questions.

Health Coaching Success Story



Chris Betts, a Registered Nurse at the University of Iowa Hospitals and Clinics, lost 40 pounds and normalized his A1C levels with the help of liveWELL's Health Coach Service. Inspired by small, incremental changes, such as taking stairs instead of the elevator, Betts encourages others to tap into available resources and start their own journey to a healthier life.

Employee Assistance Program



The University of Iowa Employee Assistance Program (EAP) provides up to six free, confidential counseling sessions for you and your family to utilize during challenging times. No problem is too small. Whether you're seeking resources, dealing with relationships, or just testing counseling, UI EAP offers a safe, private space to enhance well-being. Your well-being matters and we're here for you!

Live Healthy Iowa Outcomes



More than 1,000 University of Iowa employees spent the last few months logging their physical activity minutes through Live Healthy Iowa's 10-Week Wellness Challenge. Surpassing expectations, Hawkeyes logged 2.8 million minutes across 212 university teams. Read more about the impact the challenge had on the well-being of UI employees.

For full details on our April updates, scan the QR code.



liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.