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Letter from the Editor

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Letter from the Editor

Volume 1

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Hello and welcome to *BU Well's* first volume exploring wellness in the community.

BU Well began through the Innovation Grant at Butler University in September 2015. *BU Well* is one of the first peer edited and reviewed healthcare journals in the country and it the first to have multimedia components which include, an infographic and video interview with each article's author. During the Spring of 2015, our team created the foundation for the future of *BU Well*.

Our team is very excited to share our ideas on wellness with you. As you dive deep into the diverse articles of our first volume, you will experience the theme of wellness threaded throughout all aspects of life. Your journey through wellness begins with how light effects the work environment, eating for your blood type, and the creation of infographics based patient package inserts. The *BU Well* team is thrilled to share articles with stimulating ideas that will spark new ideas in your mind as you focus and translate these ideas to your personal wellness.

Besides assisting the general population with information about good health, *BU Well* hopes to strive to implement new ideas to those in the healthcare community. As Editor-in-Chief, I invite you to open up to the new ideas presented before you in these articles, infographics, and videos as I can guarantee you that at least one of these topics will affect how you look at your daily life as well as provide you with ideas of how to improve your own wellness.

Our second volume is set to begin accepting publication this August 2016 with a publication date in Spring 2017 and will explore the theme of the future of healthcare. I invite you to look out for updates on article submissions and publications on our website where the journal is housed, as well as our social media sites.

We appreciate your support and are so happy to have you as a reader of *BU Well*.

Warmest regards,

Catherine Skoog
Editor in Chief, *BU Well*