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| **Company Name: Bencom Financial (weight management, improving fitness, cancer risk reduction, coronary risk reduction and managing stress)** | **July – December 2012** |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **Consultations** | One-on-One Consultations with on-site (ongoing) |
| **Individual**  | Virtual Online Profile and Wellness Tracking  |
| **Newletter** | Ongoing Monthly Newsletters |
| **Individual Challenges** | Protect your back |  | PWP campaign |  |
| **Kiosks/Posters** | Back to Basics (back health) | Stress Management – Poster #1 | Fill up on Fibre poster |
| **Lunch n’ Learn/Lunch event** | Core strength – demo  | Back Stretches - demo | Stress management lnl  |  | Digestive Health lnl – Vibrant Living |  |
| **Group Wellness Challenge** |  | Destress and Stretch challenge |  | Festive Fitness Challenge |
| **Walk Around or Awareness Campaign** |  |  |  |
| **Group Exercise Classes** |  |
| **Email Campaign** | 9 weeks of summer |  |  |
| **Corporate Reporting** |  |  |  | PWP campaign | Annual progression report |  |