|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |  |