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| **CP Law** July – December 2012 **PWP Quarterly Theme Focus** [weight management, cancer risk, improve fitness, stress, blood pressure] |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **Consultations** | One-on-One Consultations with on-site (ongoing) |
| **Individual**  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
|  |  |
| **Exercise Class/Series** |  |  |
| **Lunch n’ Learns** |  |  |  | TBA |  |  |
| **Webinar** |  |
| **Workshop Series** |  |  |  |  |  |  |
| **Group Challenge****[team]** |  |  | Eat Your Colours GC |  |  |  |
| **Virtual Challenge****[team]** |  |
|  |  |
| **Newsletter** | Monthly Newsletter |
| **Kiosk / Poster Display** |  |  |  |  |  |  |
| **POD Posters** |  |
| **Sleeve Posters** |  |  |  |
| **Email/On-site/Pay-Stub Campaign** | Summer Eats EC | Summer Drinks EC |  |  | 6 Weeks of Healthy Holidays |  |
| **Walk Around** |  | Healthy Hydration |  |  |  |  |
| **Promotion** **[on-site event]** | Yogurt Parfait |  |  |  |  |  |
| **Wellness Challenge****[Individual]** |  | Water Challenge (With Draw) |  | TBA |  | Stay Fit For The Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** |  |
| **Corporate Reporting** |  |  | Snapshot |  |  | Progression |