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| **AMWAY July – December 2012 PWP Quarterly Theme Focus [cancer risk, weight management, better nutrition]** |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **Consultations** | One-on-One Consultations with on-site |
| **Individual**  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
|  |  |
| **Exercise Class/Series** |  Laura’s ClassesTuesdays | Laura’s Classes Tuesdays |  |  |
| **Lunch n’ Learns** |  |  |  |  |  |  |
| **Webinar** |  |
| **Workshop Series** |  |
| **Group Challenge****[team]** |  | Build the CN Tower or Mini-Olympics |  |  |   |
| **Virtual Challenge****[team]** | TBA |
|  |  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  |  |  |  |  |  |
| **POD Posters** |  |  |  |  |  |  |
| **Sleeve Posters** | Summer Tips | Summer Tips | Healthy Weights | Healthy Weights |  |  |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats EC | Healthy Summer Drinks EC |  |  | 6 Weeks of Healthy Holidays EC |  |
| **alk Around** | Healthy Hydration | Frozen Treat |  | Yogurt Parfait |  |  |
| **Promotion** **[on-site event]** |  |
| **Wellness Challenge****[Individual]** | Water Challenge |  |  |  |  | Stay Active Over the Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** | Oct 15th – 19th 2012 |
| **Corporate Reporting** |  |  |  |  |  |