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| **Tempurpedic - July - December 2012**  **PWP Quarterly Theme Focus [weight management, improve fitness, better nutrition, protecting the heart, stress management]** | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | **September** | | **October** | | **November** | | **December** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| **Consultations** | One-on-One Consultations – on-site and phone | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] | | | | | | | | | | |
| **PWP** | DONE April 2012 | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** | Walking Group | |  | |  | |  | |  | |  |
| **Lunch n’ Learns/Webinars** |  | |  | |  | | It’s in You to Move | |  | |  |
| **Workshop Series** |  | |  | |  | |  | |  | |  |
| **Group Challenge**  **[team]** | Healthy Lifestyle POKER summer OR fall? | | | | | | | |  | |  |
| **Virtual Challenge**  **[team]** | During Fall Programming – date TBA | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** |  | | Sun Safety Kiosk | |  | |  | |  | |  |
| **POD Posters** |  | |  | |  | |  | |  | |  |
| **Sleeve Posters** |  | | | | | | | | | | |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks | | | |  | |  | | Healthy Holidays | | |
| **Walk Around** | Hydration | |  | | TBA | |  | | Green Tea | |  |
| **Promo Day** |  | | Yogurt Parfait and Promo… | | | | | |  | |  |
| **Wellness Challenge**  **[Individual]** | Water  (With Draw) | |  | |  | | Step Check | |  | | Stay Active Over Holidays |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | |
| **Health Fair** | TBA | | | | | | | | | | |
| **Corporate Reporting** |  | | Snap Shot | |  | |  | | Progression | |  |