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| **FACS July - December 2012 PWP Quarterly Theme Focus** [**TBA for 2011** – from 2010: cancer risk, improve fitness, weight management] | | | | | | | | | | | | | | | | | |
| **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** |  | | | |  | | | Ex. Series St Catharines | | | |  | |  | |  | |
| **Lunch n’ Learns** |  | | | |  | | |  | | | | Wellness Weds. Series (3 – all sites) | |  | |  | |
| **Workshop Series** |  | | | | | | | | | | | | | | | | |
| **Group Challenge**  **[team]** |  | | | |  | | | | Eat Your Colours or Build the CN Tower | | |  | |  | |  | |
| **Virtual Challenge**  **[team]** | TBA | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | |
| **Newsletter** | Monthly Newsletters | | | | | | | | | | | | | | | | |
| **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 | | | Frozen Yogurt | |  | | | |  | | |  | |  | | |
| **Promotion**  **[on-site event]** |  | | |  | |  | | | |  | | |  | |  | | |
| **Wellness Challenge**  **[Individual]** | Water Challenge (With Draw) | | |  | |  | | | |  | | |  | | Stay Fit For The Holidays | | |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | | | | | | | |
| **Health Fair** |  | | | | | | | | | | | | | | | | |
| **Corporate Reporting** |  | |  | | | | Snapshot | | | |  | | |  | | Progression | |