|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FCSGW** July – December 2012 **PWP Quarterly Theme Focus** [weight management, cancer risk, improve fitness, better nutrition, stress reduction] | | | | | | | | | | | | | | | | | | |
| **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 | | | |  | | | |  | | | |  | |  | |  | |
| **Lunch n’ Learns** |  | | | |  | | | | It’s in You to Move  (Shelldale & Elora) | | | | Wellness Weds Series (3 – Eramosa) | |  | |  | |
| **Workshop Series** |  | | | | | | | | | | | | | | | | | |
| **Group Challenge**  **[team]** |  | | | |  | | | | Build the CN Tower | | | |  | |  | |  | |
| **Virtual Challenge**  **[team]** | TBA | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | |
| **Newsletter** | Ongoing 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 | | | Frozen Treat | |  | | | |  | | | |  | |  | | |
| **Promotion**  **[on-site event]** |  | | |  | |  | | | |  | | | |  | |  | | |
| **Wellness Challenge**  **[Individual]** | Water Challenge | | |  | |  | | | |  | | | |  | | Stay Fit For The Holidays | | |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | | | | | | | | |
| **Health Fair** |  | | |  | | | |  | | | |  | | |  | |  | |
| **Corporate Reporting** |  | |  | | | | Snapshot | | | |  | | | |  | | Progression | |