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| **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 |