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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Amway – Jan-June 2013 At-A-Glance [subject to change as per wellness committee, needs and interests]  PWP Focus [2012: Weight Management, Heart Health, Nutrition, Senior Living] | | | | | | | | | | | |
| **Initiative** | **Jan** | **Feb** | | **March** | | **Apr** | | **May** | | **June** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| Consultations | One-on-One Consultations – on-site | | | | | | | | | | |
| Individual | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | |
| PWP |  | |  | | PWP Mar 4-15 | |  | |  | |  |
| **GROUP** | | | | | | | | | | | |
| Exercise Class/Series | Laura’s Classes 2x per week | | | | | | Pilates [3, 10, 17, 24] | | Yoga [8, 15, 22, 29] | |  |
| Lunch n’ Learns/Webinars | tba | | | | | | | | | | |
| Workshop Series | tba | | | | | | | | | | |
| Group Challenge  [team] |  | |  | |  | | Soup Off [Apr 5] | |  | | Spring Scrabble [June 3-14] |
| Virtual Challenge  [team] | Virtual Portal and Challenge – tba | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | |
| Newsletter | Ongoing Monthly Newsletter | | | | | | | | | | |
| Kiosk / Poster Display |  | | Goal Setting | | | |  | | MOVE | |  |
| POD Posters |  | |  | |  | |  | |  | |  |
| Sleeve Posters | Detox | | Refocus Your Goals | | | | Soup Recipes | | Spring Activity | | |
| Email/On-site/Pay-Stub Campaign | Detox EC | |  | |  | |  | |  | |  |
| Walk Around |  | | Goal Setting | | PWP Instructions | | Soup Off | | Fruit | | Fruit |
| Promo Day | Detox Smoothies [Jan tba] | | Salsa/Chips – Feb 14 [staff mtg day] | |  | |  | |  | |  |
| Wellness Challenge  [Individual] |  | | Goal Setting | |  | | Low GI Eating | |  | |  |
| Virtual Challenge  [individual] | TBA | | | | | | | | | | |
| Health Fair | February 11-15 2013 | | | | | | | | | | |
| Corporate Reporting |  | | | | | | | | | | |
|  |  | |  | | Snap Shot | |  | |  | | Progression |