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| **DCAFS – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [fitness, nutrition, weight management, heart health]** |
| **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 |
| **GROUP** |
| **Exercise Class/Series** | 8 Week Yoga Series |  |  | 8 Week Spring Bootcamp |
| **Lunch n’ Learns/Webinars** |  | Mental Health |  | Reflexology and Stress? |  |  |
| **Workshop Series** |  |  | 4 Part De-Stress Series (w tea) |  |  |
| **Group Challenge****[team]** |  |  |  |  | Spring Scrabble |
| **Virtual Challenge****[team]** |  | 10 Day “Minutes of Me Time” |  |  |  |  |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  | Mental Health |  | Healthy Detox |  |
| **POD Posters** |  |
| **Sleeve Posters** |  |
| **Email/On-site/Pay-Stub Campaign** |  | Mental Health EC |  | Spring Detox |  |
| **Walk Around** |  Chips/Salsa |  | De-stress out teas [to non-participants] |  | PWP Instructions |
| **Promo Day** |   |  |  | Detox Smoothies |  |
| **Wellness Challenge****[Individual]** |  |  |  | Low GI Eating |  |  |
| **Virtual Challenge****[individual]** | tba |
| **Health Fair** | tba |
| **Corporate Reporting** |  |  | Q1 Report |  |  | PWP & Q2 Report |