|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |