|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **JMP – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]**  **PWP Focus [fitness, weight management, nutrition, stress, 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** | Set for September 2013 | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** | Exercise Class  2-London | | Exercise Class  2- London | |  | |  | |  | |  |
| **Lunch n’ Learns/Webinars** | Eating On the Go – Kicking off the New Year | |  | | Heart Health | |  | | It’s In You to Move | |  |
| **Group Challenge**  **[team]** |  | |  | |  | |  | | Walking Works | | |
| **Virtual Challenge**  **[team]** |  | | Protect the Heart  (minutes of exercise) | |  | |  | | Possible Walking Works Virtual | | |
|  | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** |  | | Heart Health | |  | | MOVE | |  | |  |
| **POD Posters** | To support campaigns | | | | | | | | | | |
| **Email/On-site/Pay-Stub Campaign** |  | | Heart Health  EC | |  | |  | | Step Into Spring EC | | |
| **Walk Around** |  | | Dark Chocolate | | | |  | |  | |  |
| **Promo Day** | Cut the Junk Snack Baskets | | | |  | | Fruit | | | |  |
| **Wellness Challenge**  **[Individual]** |  | |  | | Lower BP/Cholesterol | |  | |  | |  |
| **Virtual Challenge**  **[individual]** | tba | | | | | | | | | | |
| **Corporate Reporting** |  | |  | | Q1 Report | |  | |  | | Q2 Report & Progression |