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| **McKay Cocker – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [weight management, improved fitness, nutrition, heart health, stress]** |
| **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** | March 4-15 |
| **GROUP** |
| **Exercise Class/Series** |  |  |  |  |  |  |
| **Lunch n’ Learns/Webinars** |  |  | Healthy Detox |  | MOVE |  |
| **Workshop**  | De-stress Out (2) | De-stress Out (2) |  |  |  |
| **Group Challenge****[team]** |  |  | Soup Off |  |  | Spring Scrabble |
| **Virtual Challenge****[team]** | Portal and Challenge tba |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  | Mental Health |  | Detox | Spring Activity |
| **POD Posters** |  |
| **Sleeve Posters** | n/a |
| **Email/On-site/Pay-Stub Campaign** |  | Mental Health EC |  | Detox EC |  |
| **Walk Around** | Tea with de-stress | Tea with de-stress | PWP Instructions |  | Salsa/Chips |  |
| **Promo Day** |  |  |  |  |  |
| **Wellness Challenge****[Individual]** |  | Mental Health IC |  | Low GI Eating |  |  |
| **Virtual Challenge****[individual]** | Virtual or Individual Challenge |
| **Health Fair** | TBA with Wellness Committee |
| **Corporate Reporting** |  |  | Q1 Report and PWP |  |  | Q2 Snapshot report |