|  |
| --- |
| **OMG – 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** | June 2013 |
| **GROUP** |
| **Exercise Class/Series** |  |  |  | Walking routes/groups; site specificYoga/morning stretching |
| **Lunch n’ Learns/Webinars** | Healthy Weights (2) | Healthy Weights (2) | It’s In You to Move (coincide with site visit) |  |
| **Workshop**  |  |  |  |  |  |
| **Group Challenge****[team]** |  |  | Soup Off at each site |  | Spring Scrabble (team and individual) |
| **Virtual Challenge****[team]** | Portal and Challenge tba |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  |  |  | Quit Smoking Pledge (with resources) |  |
| **POD Posters** |  |
| **Sleeve Posters** | n/a |
| **Email/On-site/Pay-Stub Campaign** | Healthy Weights (2) | Healthy Weights (2) |  | Taking Breaks EC | Step Into Summer |
| **Walk Around** |  | Healthy Snacking with almonds |  | Desk Stretches WA |  | PWP Instructions |
| **Promo Day** | Yogurt Parfaits – month tba |
| **Wellness Challenge****[Individual]** |  |  | Low GI Foods |  | Step Check IC |  |
| **Virtual Challenge****[individual]** | Virtual or Individual Challenge |
| **Health Fair** |  |
| **Corporate Reporting** |  |  | Q1 Report  |  |  | PWP & Q2 Report |