|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 specific  Yoga/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 |