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| **Tempurpedic – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [weight management, 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** | May 2013 |
| **GROUP** |
| **Exercise Class/Series** |  |  |  |  | 8 Week Walking Group |
| **Lunch n’ Learns/Webinars** |  | Heart Health |  |  |  |  |
| **Workshop**  |  |  |  |  |  |
| **Group Challenge****[team]** | New Year New You(Jan 14-Feb 1) | Soup Off |  | Build the CN Tower |
| **Virtual Challenge****[team]** |  |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  | Heart Health |  | Eating Breakfast |  |  |
| **POD Posters** |  |
| **Sleeve Posters** | n/a |
| **Email/On-site/Pay-Stub Campaign** |  | Heart Health EC |  | Breakfast Recipes EC |  | Walking Works EC |
| **Walk Around** | Dark Chocolate |  | Chips/Salsa |  | PWP Instructions |  |
| **Promo Day** |  |  |  | Breakfast Week |  |  |
| **Wellness Challenge****[Individual]** |  |  |  |  | Step Check IC |  |
| **Virtual Challenge****[individual]** | Step Check [virtual tba] |
| **Health Fair** | April TBA (with breakfast week…tba) |
| **Corporate Reporting** |  |  | Q1 Report  |  |  | Q2 Report and PWP |