|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |