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| **LEF – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [better nutrition, improve fitness, weight management, protecting the heart, stress management]** |
| **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 [start date TBA] |
| **PWP** |  |  |  |  | PWP campaign |  |
| **GROUP** |
| **Exercise Class/Series** |  |  | Pilates |  |  |
| **Lunch n’ Learns/Webinars** |  |  |  |  | It’s in You to MOVE |  |
| **Workshop Series** | Extreme Lifestyle Makeover |  |  |  |
| **Group Challenge****[team]** |  |  |  |  | Spring Scrabble |
| **Virtual Challenge****[team]** | Virtual Portal Instruction and Challenge – tba |
| **AWARENESS** |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  | Heart Health |  |  | MOVE |  |
| **POD Posters** | ELM |  | Exercise |  |  | Scrabble |
| **Sleeve Posters** | tba |
| **Café Involvement** | tba |
| **Email/On-site/Pay-Stub Campaign** |  | Heart Health |  | Movement |
| **Walk Around** |   | Dark Chocolate |  |  |  |  |
| **Promo Day** |   |  |  | Salsa and Chips, Smoothies? |
| **Wellness Challenge****[Individual]** |  | Lower BP/Chol |  | Minutes of Exercise |  |  |
| **Virtual Challenge****[individual]** | tba |
| **Health Fair** | Spring Into Wellness – May 2013 |
| **Corporate Reporting** |  |  | Snap Shot |  |  | Progression |