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| **London Hydro July - December 2012 PWP Quarterly Theme Focus [cancer risk, weight management, improving fitness]** |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **INDIVIDUAL** |
| **Consultations** | One-on-One Consultations with on-site |
| **Individual**  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
| **PWP** |  |  |  |  | PWP |  |
| **GROUP** |
| **Exercise Class/Series** | Walking Group | Yoga |  |  |  |
| **Lunch n’ Learns** |  |  | Movement  |  |  |  |
| **Workshop Series** |  |  |  |  |  |  |
| **Group Challenge****[team]** |  |
| **Virtual Challenge****[team]** | TBA |
| **AWARENESS** |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  |  |  |  |  |  |
| **POD Posters** |  |  |  |  |  |  |
| **Sleeve Posters** | Summer Tips | Summer Tips | Healthy Wt | Healthy Wt | Holidays | Holidays |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks |  | Healthy Holidays |
| **Walk Around** |  Hydration |   |  | Spot Check |  |  |
| **Promotion** **[on-site event]** |   | Frozen Treat |  |  |  |  |
| **Wellness Challenge****[Individual]** | Water Challenge |  |  | TBA |  | Stay Active Over Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** |  |  |  |  | Date TBA |  |
| **Corporate Reporting** | Snap Shot |  |  |  |  | PWP and Progression |