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| **OMG** July - Sept 2012 **HRA Quarterly Theme Focus** [weight management, lower stress, better nutrition, improve fitness, heart risk] |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **Consultations** | On-site One-on-One Consultations (ongoing) |
| **Individual**  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
| **PWP** |  |  |  |  |  |  |
| **Exercise Class/Series** | Walking Group |  |  |  |  |  |
| **Lunch n’ Learns** |  |  | TBA |  |  |  |
| **Workshop Series** |  |  |  |  |  |  |
| **Office Challenge****[team]** |  |  |  |  |  |  |
| **Virtual Challenge****[team]** |  |  |  | TBA |  |  |
|  |  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display/POD** | Sun Safety Kiosk |  |  |  |  |  |
| **POD Posters** |  |  |  |  |  |  |
| **Email/On-site/Pay-Stub Campaign** | Summer Eats and Drinks EC |  |  | 6 Weeks of Healthy Holidays |
| **Walk Around** |  |  |  |  |  |  |
| **Promotion** **[on-site event]** |  | Smoothie Day |  |  |  |  |
| **Wellness Challenge****[Individual]** | Step Check(With Draw) |  | TBA |  |  | Stay Fit Over Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** | TBA |
| **Corporate Reporting** |  |  | Snapshot |  |  | Progression |