**Brady** July - December 2012 **PWP Quarterly Theme Focus** [weight management, cancer risk, improve fitness, better nutrition, managing stress]

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| **Initiative** | **July** | **August** |  **September** | **October** | **November** | **December** |
| **Consultations** | One-on-One Consultations with on-site (ongoing) |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
|  |  |
| **Exercise****Class/Series** |  |
| **Lunch n’ Learns** |  |  |  | Women’s Health Ca |  |  |
| **Webinar** |  |
| **Workshop Series** |  |  |  |  |  |  |
| **Group Challenge****[team]** |  |  | Build the CN Tower |  |  |
| **Virtual Challenge****[team]** | TBA |
|  |  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster****Display** |  |  | Move |  | Diabetes |  |
| **POD Posters** |  |
| **Sleeve Posters** |  |
| **Email/On-site/Pay-****Stub Campaign** | Summer Eats EC | Summer Drinks EC |  |  | 6 Weeks of Healthy Holidays |  |
| **Walk Around** | Healthy Hydration |  |  |  |  |  |
| **Promotion****[on-site event]** |  | Summer Drinks |  | Yogurt Parfait |  |  |
| **Wellness Challenge****[Individual]** | Water Challenge |  |  |  |  | Stay Fit for the Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** | TBA |
| **Corporate Reporting** |  |  | Snapshot |  |  | Progression |