**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 | |