|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **CHEMFIL July – December 2012**  **Quarterly Themes as per 2011 PWP [weight management, stress management, better nutrition, improved fitness, cancer risk reduction]** | | | | | | | |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** | |
| **Consultations** | One-on-One Consultations with on-site / Skype consultations with off-site (ongoing) | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] | | | | | | |
| **Kiosk / Poster Display** |  |  |  |  |  |  | |
| **Webinar** |  |  |  |  |  |  | |
| **Lunch n' Learns** |  |  |  | Healthy Cooking LNL |  |  | |
| **Posters** |  |  | |  |  | | |
| **Newsletter** |  | | | | | | |
| **Wellness Challenge [individual]** | Water Challenge |  | TBA Challenge (With Draw) |  |  |  | |
| **Walk Around or Station Awareness** | Healthy Hydration | TBA Promo Day |  |  |  | Stay Fit For The Holidays | |
| **Challenges**  **[team]** |  | | |  | | | |
|  |  |  |  |  |  | |
| **Group Exercise Classes** |  | | | | | | |
| **Email or Paystub Campaign** | Summer Eats EC | Summer Drinks EC |  |  | 6 Weeks of Healthy Holidays EC | |  |
| **Corporate Reporting** |  | | | Snapshot Report |  | Progression Report | |