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| **EMC July - December PWP Quarterly Theme Focus weight management, cancer risk reduction, improved fitness, better nutrition, coronary risk reduction** |
| **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** | Feb/Mar 2013 |
| **GROUP** |
| **Exercise Class/Series** | Leah’s class (outside option) |  |   |  |
| **Lunch n’ Learns** |  |  |   | Respect in the Workplace |  |  |
| **Webinar** |  | Healthy Finances  |  |
| **Virtual Challenge****[team]** |   |
| **AWARENESS** |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** | Sun Sense |  |  | Respect in the Workplace | Holiday Tips |  |
| **POD Posters** |  |  |  |  |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks |  | Respect in the Workplace | Healthy Holidays |
| **Walk Around** |  | Citrus - Hydration | Yogurt Parfait |   |  |  |
| **Promotion** **[on-site event]** |   |  |   |  |  |  |
| **Wellness Challenge****[Individual]** |   |  |  |  | Stay Active Over Holidays |  |
| **Virtual Challenge****[individual]** | TBA |
| **Corporate Reporting** | Snap Shot |  |  |  |  | Progression |