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| **Company Name: Bencom Financial (cancer risk, weight management, better nutrition, stress management, improving fitness)** | **January – June 2013** |
| **Initiative** | **Jan** | **Feb** | **March** | **April** | **May** | **June** |
| **Consultations** | One-on-One Consultations with on-site (ongoing) |
| **Individual**  | Virtual Online Profile and Wellness Tracking  |
| **Newletter** | Ongoing Monthly Newsletters |
| **Individual Challenges** | Avoid snack foods |  |  | Plan a quiet time |
| **Kiosks/Posters** | SAD Kiosk |  | Antioxidant kiosk | It’s In You to Move kiosk |
| **Lunch n’ Learn/Lunch event** |  | How to Eat for Optimal Energy and great smoothie ideas |  | Cardio and resistance training  |  |
| **Group Wellness Challenge** |  | Healthy Lifestyle Bingo |  | CN Tower climb | Pedometer challenge |  |
| **Walk Around or Awareness Campaign** | Snack Foods |  | Green tea handout and Top 10 Antioxidants |  |  | Best recipe websites |
| **Group Exercise Classes** |  |
| **Email Campaign** |  |  | Antioxidant email campaign |  |
| **Corporate Reporting** |  | 6 month progression report |