|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hematite – Brantford Year at a Glance**: January – June 2013 (focus on weight management, stress reduction, improved fitness, better nutrition and cancer reduction) | | | | | | | | | | | | |
| **Initiative** | **Jan** | **Feb** | | | **March** | **Apr** | | **May** | | | **June** | |
| **INDIVIDUAL** | | | | | | | | | | | | |
| Consultations | One-on-One Consultations – on-site | | | | | | | | | | | |
| Individual | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | | |
| Lunch n’ Learns/Webinars |  | | |  | | |  | |  | | |  |
| Group Challenge  [team] | PWP | | |  |  | |  | |  | Pedometer challenge | | |
| Safety meetings | Launch meeting – Jan 17 | | |  | Eating for Optimal Energy | |  | |  | | |  |
| Team building events \*salaried only |  | | | Annual Curling event – Feb 20 |  | | CN Tower climb | |  | | |  |
| Group Runs \*salaried only |  | | |  |  | |  | |  | | |  |
| **AWARENESS** | | | | | | | | | | | | |
| Newsletter | Ongoing Monthly Newsletter | | | | | | | | | | | |
| Kiosk / Poster Display | PWP | |  | | Soup recipes | | Healthy Snacks poster | | Activity poster #1 | | | Activity poster #2 |
| Sleeve Posters |  | | |  |  | |  | |  | | |  |
| Email/On-site/Pay-Stub Campaign |  | | |  |  | |  | |  | | |  |
| Walk Around | Help with PWP - | | | Warming up for a Physical Work day | Hand out soup recipes | | To Snack or Not handout (samples of Kashi bars) | | Smoothie handout with recipe | | | Healthy Hydration |
| Wellness Challenge  [Individual] |  | | |  |  | |  | |  | | |  |
| Virtual Challenge  [individual] |  | | | | | | | | | | | |
| Corporate Reporting |  | | | | | | | | | | | |