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| **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 |  |