|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **London Hydro – July-Dec 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]**  **PWP Focus [weight management, nutrition, fitness, heart stress]** | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | **Sept** | | **Oct** | | **Nov** | | **Dec** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| **Consultations** | One-on-One Consultations – on-site | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | |
| **PWP** | January 2013 | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** |  | |  | | Exercise series with Rose?? | | | | | |  |
| **Lunch n’ Learns/Webinars** |  | |  | | Operations speakers – muscle balance  Mental Health – admin staff | | | | | |  |
| **Workshop** |  | |  | |  | |  | |  | |  |
| **Group Challenge**  **[team]** |  | |  | | Fall Poker Challenge | | | |  | |  |
| **Virtual Challenge**  **[team]** | Portal and Challenge tba | | | | | | | | | | |
|  | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** |  | |  | |  | |  | |  | |  |
| **POD Posters** |  | |  | |  | |  | |  | |  |
| **Sleeve Posters** |  | |  | | Relax Response | | Healthy Tasks | | Health Fair | | Holiday BPOS |
| **Email/On-site/Pay-Stub Campaign** | Summer Safety 8-week campaign | | | |  | |  | | Health fair promo | | Holiday Campaign EC |
| **Walk Around** | Vitamin Water | | Lemonade | |  | | Oranges for Poker Promo | |  | |  |
| **Promo Day** |  | |  | | Pancakes | |  | |  | |  |
| **Wellness Challenge**  **[Individual]** |  | |  | |  | |  | |  | |  |
| **Virtual Challenge**  **[individual]** | Virtual or Individual Challenge | | | | | | | | | | |
| **Health Fair** | November 2013 tba | | | | | | | | | | |
| **Corporate Reporting** | Q 2 | |  | |  | | Q3 | |  | | Progress Report |