|  |
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| **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 balanceMental 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 |