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| **Lakeside – July-Dec 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [weight management, fitness, nutrition, heart health, smoking]** |
| **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 – February 2013 |
| **GROUP** |
| **Exercise Class/Series** | Summer Exercise Series | Fall exercise series tba |  |
| **Lunch n’ Learns/Webinars** |  |  |  | Menu Planning/Portion Control at each site |  |
| **Workshop**  |  |  | De-Stress Out 4 week workshop |  |  |
| **Group Challenge****[team]** | tba |
| **Virtual Challenge****[team]** | Portal and Challenge tba |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  |  |  | De-Stress Out Kiosk |  |
| **POD Posters** |  |  |  |  |  |  |
| **Sleeve Posters** | n/a |
| **Email/On-site/Pay-Stub Campaign** | Summer Safety 8-week campaign | De-Stress Recipes EC |  | De-Stress Holiday Campaign |
| **Walk Around** | Vitamin Water | Lemonade |  | De-Stress Food |  |  |
| **Promo Day** |  |  |  |  |  |  |
| **Wellness Challenge****[Individual]** |  |  |  |  | De-Stress IC and Ballots |
| **Virtual Challenge****[individual]** | Virtual or Individual Challenge |
| **Health Fair** | TBA with Wellness Committee |
| **Corporate Reporting** | Q2 & Progression |  | Q3 snapshot |  | Q4 snapshot |