|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |