

# Silver Corporate Wellness Membership January – December



... a comprehensive wellness strategy

Initiative	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Wellness Strategy Call</b>												
<b>Newsletter</b>	EWSNetwork Monthly Digital Wellness Newsletter											
<b>Individual Challenges</b>	EWSNetwork Individual Awareness Challenges											
<b>Family Wellness Webinar Series</b>	Webinar #1				Webinar #2				Webinar #3			
<b>Poster Set</b>		Healthy Eating Poster			Mental Health Poster				Physical Activity Poster			
<b>Email Campaign</b>		Healthy Eating E-Campaign (4 weeks)				Mental Health E-Campaign (4 weeks)				Physical Activity E-Campaign (4 weeks)		
<b>Plus 5 Credits</b> (Additional Credits 10% off retail)												