

# Starter Kit Year-at-a-Glance

COMPONENT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
WELLNESS STRATEGY CALL	Wellness Strategy Call											
NEWSLETTER	Monthly Newsletter											
INDIVIDUAL CHALLENGES	Monthly Individual Challenge											
SEASONAL E-CAMPAIGNS							Seasonal E-Campaign				Seasonal E-Campaign	
FAMILY WEBINAR SERIES	Family Webinar				Family Webinar					Family Webinar		
E-CAMPAIGNS		Healthy Eating			Mental Wellness				Moving More			
POSTER SETS		Healthy Eating			Mental Wellness				Moving More			
KIDS' WELLNESS BURSARY						Base Members Only						
TEAM CHALLENGE			Base Members Only									
INDIVIDUAL HRA	Individual HRA											
CORPORATE HRA REPORT	Corporate HRA Report											
CWM CREDITS	Base Members Only											