

**Employee Wellness  
Cleveland Clinic  
Communications 2009**

<b>DATE (when)</b>	<b>MESSAGE (what)</b>	<b>AUDIENCE (who)</b>	<b>METHOD* (how)</b>
January 2	New Year New You (all programs)	All system employees	WC/EWW/INT/INN/EB/SW
January 2	Yoga Session I-09	All employees (and visitors) main campus	WC/EWW/INT/INN/F
January 2	Shape Up and Go launch	All system employees	WC/EWW/INT/INN/F
January 5	Reminder to join the fitness center	EHP members on main campus	EWW/INT/INN/B
January 14	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
February 2	Take the Stairs Week	Main campus employees	WC/EWW/INT/INN/F/P
February 11	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
March	National Nutrition Month	All system employees	WC/EWW/INT/INN
March 11	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
April 1	10 Weeks to a 10k	All system employees	WC/EWW/INT/INN/F
April 8	National START Walking Day	Main campus and some off sites	WC/EWW/INT/INN/F
April 8	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
May	Shape Up and Go maintenance	All system employees	WC/EWW/INT/INN/F
May 13	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
May	Bring Your Bike to Work Week	Main campus employees	WC/EWW/INT/INN/F
June 10	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
Summer	Healthy vacation/summer tips	Ally system employees	WC/EWW/INT/INN/F
July 8	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
August	Renewal of Weight Watchers	All system employees	WC/EWW/INT/INN/F
August 12	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
September	Back to school - work life balance	All system employees	WC/EWW/INT/INN/F
September 9	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
October TBD	Wellness Walk	Main Campus and some off sites	WC/EWW/INT/INN/F
October 14	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
November 11	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F
November 15	Sports Teams/Leagues deadline	All system employees	WC/EWW/INT/INN/F
November 21	Great American Smoke out	All system employees	WC/EWW/INT/INN/F
December 9	Wellness Grand Rounds	All system employees	WC/EWW/INT/INN/F

\* Key: WC = Wellness Committees; EWW = Employee Wellness Website; INT = Intranet; INN = Innerpulse; P = Poster; F = Flyer; B = Brochure; EB = Email Blast; SW = Skyway