

# Swanson Group Project Timeline 2009

MONTH	WEB SITE, POSTER, & PRESENTATION TOPIC	PAYROLL STUFFER	NEWSLETTER	BIOMETRIC SCREENINGS/SURVEY	HEALTH COACHING
<i>January 2009</i>	Making Changes	X			X
<i>February 2009</i>	Asthma		X		X
<i>March 2009</i>	Social Support				X
<i>April 2009</i>	Nutrition News (what is new, etc).	X			X
<i>May 2009</i>	Managing a Chronic Disease (PAM)		X		X
<i>June 2009</i>	Summer Fun				X
<i>July 2009</i>	Back Health	X			X
<i>August 2009</i>	GIRD		X		X
<i>September 2009</i>	Addictions				X
<i>October 2009</i>	Screening/Survey Push	X		X	X
<i>November 2009</i>	Reducing Pain		X		X
<i>December 2009</i>	End of Year Perspective, looking back-going forward				X

**Swanson/HMS goals:** Increase awareness of program and program services and staff. Rapport building between Wellness Coordinator and Swanson employees and managers. Continued growth and expansion of Wellness Coordinator role.

**November 2009:** Screening/Survey month