



Red Wagon Club



## Benefit Highlight Securing Memories Workshop

Our quarterly Securing Memories Workshop is January 24, 6:00PM at the RLA in Cranberry. Join Robyn Sechler as she shows you how to best preserve your memories by answering questions via video on your phone! Pass down all the great stories of your family to the next generations to come.



Be sure to sign up for this informative seminar via the [Red Wagon Club](https://www.redwagonclub.com) website.

### WEIGHT LOSS FACT

For every 1 pound of weight lost, you lose 4 pounds of pressure on your knees.



## Join the RED WAGON CLUB 'WEIGHT LOSS CHALLENGE FOR A CAUSE'!

Jan. 3, 2024 - Jan. 31, 2024

Are you ready to kick off the New Year a little lighter? Let's make 2024 the year we not only transform ourselves but also make a positive impact on the lives of others.

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## January Events

Wednesday, Jan. 3, 1PM  
Wednesday Webinar:  
Discussion with dietician  
Dawn Tucci

Wednesday, Jan. 24,  
6:00PM  
Securing Memories  
Workshop

## Our New Website Update!

We've made some updates and changes to the Red Wagon Club membership website ready for you to check out!

This is a brand new site so you'll need to sign up again at the new site. (The old site will be going away soon!)

[RED WAGON CLUB](https://www.redwagonclub.com)



*Red Wagon Club*



## Weight Loss Challenge for a Cause

**Why should you join our Red Wagon Club weight loss challenge for a cause?**

### **Personal Transformation:**

Achieve your health and fitness goals while having the support of the entire Red Wagon Club community.

**Make a Difference:** Every pound lost means \$5 donated to the Alzheimer's Association, supporting vital research and assistance for those affected by Alzheimer's.

### **Healthy Competition:**

Challenge yourself and others in a friendly, motivating environment. Let's all make significant positive changes!

### **How to participate:**

Comment "Count me in!" on our [Facebook post](#) to officially join the challenge.

Share how much you lost at the end of the challenge (we're on the honor system here) – let's celebrate your progress together!

*\* Optional\*:* Post any low calorie, low carb, healthy recipe you enjoy!

The contest will run from Jan. 3, 2024 to Jan 31, 2024 so lace up those sneakers, stock up on veggies, and let's crush our goals while making a difference in the fight against Alzheimer's!

## **Complete all the Workshops and receive a gift!**

Did you know if you complete our Securing Memories, LifeCare Workshop and Trustee Webinar you get a gift? That's right!

Once you attend all three workshops you qualify to receive a lovely Red Wagon Club \*blanket to help you remember:

*"We've Got You Covered!"*

*\*one per family*

## **Congrats!**

**These members earned a Red Wagon Club blanket by completing all three workshops:**

- Frank & Carol Fetchak
- Reed & Elissa Powell
- Sharil Claudy

