



# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.com](https://redjanuary.com)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.com](https://redjanuary.com)





# Rise Every Day



*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.com](https://redjanuary.com)





# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.com](https://redjanuary.com)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.com](https://redjanuary.com)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.ca](http://redjanuary.ca)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.ca](https://redjanuary.ca)



# Rise Every Day



*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.ca](https://redjanuary.ca)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.ca](https://redjanuary.ca)







# Rise Every Day

*Move to boost your mood this January.*



Scan to  
join RED

Make your first move today.  
Join RED January 2025 at [redjanuary.ca](https://redjanuary.ca)

