



Night-Time Safety Tips:

- Wear reflective clothing at dark
- Utilize headband lights when out for a walk/jog
- Pay special attention to your surroundings
- If you are walking your dog, please adhere to Maryland leash laws

THIS MONTH...

EVENTS/ ANNOUNCEMENTS

Jan1- Lodge office is closed for New Year's Day



If you have an idea or question for the WCA Board, you can email wca@ww-link.com

HAPPY NEW YEAR!!!

Some useful habits to incorporate in your New Year-

1. Drink more water
2. Take a walk, move more, park further away
3. Make time to see your loved ones
4. Take a continuing education class
5. Go somewhere new, even if it's just a town away
6. Cook more homemade meals
7. Eat LESS sugar



Winter Weather Car Tips:

You never know when you will encounter winter weather or an emergency road closure. Some key items to have in your car:

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|--------------------|----------------------------|
| Cell phone charger | First Aid kit |
| Water, snacks | Mittens, hat, warm clothes |
| Flashlight | Jumper Cables |
| Spare Tire | Flares |
| Tow rope | Sand or kitty litter |
| | Blankets |



For more WCA information, news and events, booking private parties or recreational facility memberships, Go to.....

www.ww-link.com