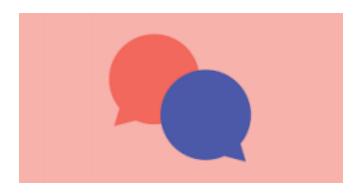


# **Emanuel Synagogue Sisterhood**

presents:

## **Get Healthy; Stay Healthy — TOGETHER!**

A Safe Place to Share with Your Emanuel Family



#### **NEXT SESSION:**

November 4th **4:00 PM - 5:00 PM** 

#### ABOUT THE FACILITATOR

Carolyn Topol is an Emanuel Synagogue member, an experienced educator and former Weight Watchers meeting leader. You can connect with Carolyn at https://facebook.com/CarolynsGoodHealthConnection.

### **SOME TOPICS**

- Healthy living
- Celebrating successes and sharing ideas
- Triumphs and tribulations of the last 15 months

#### REGISTRATION AND OTHER INFORMATION

- Pre-registration strongly encouraged (limit of 25 per session)
- Suggested donation of \$10 per session (made to Emanuel Synagogue Sisterhood)
- Location in Emanuel TBD

To register, or if you have any questions, please email **emanuelsisterhoodwesthartford@gmail.com**; you can also use this QR code:



Sandra Myers, VP of Programming Fern Cohen, President