

# 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](mailto:emanuelsisterhoodwesthartford@gmail.com); you can also use this QR code:



Sandra Myers, VP of Programming  
Fern Cohen, President