

# Emanuel Synagogue Sisterhood

presents:

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

*A Safe Place to Share with Your Emanuel Family*



## **NEXT SESSION:**

*August 12th*

**5:30 PM - 6:30 PM**

## **ABOUT THE FACILITATOR**

Carolyn Topol is an Emanuel Synagogue member, an experienced educator and former Weight Watchers meeting leader.

## **SOME TOPICS**

- Healthy living
- Celebrating successes and sharing ideas
- Triumphs and tribulations of the last 15 months
- Nutrition and making healthier choices (a Nutritionist will join us for this session)

## **REGISTRATION AND OTHER INFORMATION**

- Pre-registration strongly encouraged (limit of 25 per session)
- Suggested donation of \$10 per session (made to Emanuel Synagogue Sisterhood)
- Sessions will take place outside (weather permitting) or in the Silverman Auditorium (masks will be worn out of respect for all in-attendance)

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

