



# Get Healthy; Stay Healthy - Together!

**Thursday, September 21st / 5:30 - 6:30 PM**

Rear Parking Lot

**(In the event of inclement weather, this session will take place in the Silverman Auditorium. You must RSVP in order to receive the phone number to be let into the building.)**

Join us for discussion related to personal health - mind, body and soul! We look forward to welcoming new members!

Please RSVP to Carolyn Topol at [cstopol@gmail.com](mailto:cstopol@gmail.com)

## About the Facilitator

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

**SUGGESTED  
DONATION OF  
\$10 PER SESSION**

