

Emanuel Synagogue Sisterhood

presents:

Get Healthy; Stay Healthy — TOGETHER!

A Safe Place to Share with Your Emanuel Family



NEXT SESSION:

December 2nd

4:45 PM - 5:45 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)
- Session will take place in the Activity Room/Beth Hillel Community Room

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