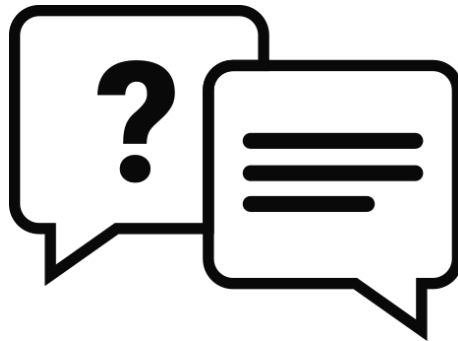




# Emanuel Synagogue Sisterhood

presents:

**Get Healthy; Stay Healthy — TOGETHER!**  
*facilitated by Sisterhood Member Carolyn Topol*



## **NEXT SESSION:**

*Thursday, January 6th*  
**5:00 PM - 6:00 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>.

## **REGISTRATION AND INFORMATION**

- Pre-registration recommended (limit of 25 people)
- Suggested donation of \$10 per session (checks can be made out to Emanuel Synagogue Sisterhood)
- This session will be held via Zoom
- ALL COVID protocols will be followed - remember your mask!

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