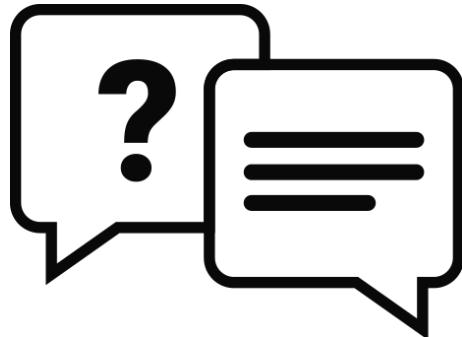


Emanuel Synagogue Sisterhood

presents:

Get Healthy; Stay Healthy — TOGETHER!
with special guest, Rachel Rodney, a Registered Dietician



NEXT SESSION:

Thursday, December 16th
5:00 PM - 6:00 PM

IMPORTANT INFORMATION

- This session will take place via **Zoom** (the link will be sent out to all who register)
- Feel free to send any questions you have for Rachel Rodney to emanuelsisterhoodwesthartford@gmail.com

ABOUT OUR SPECIAL GUEST

Rachel Rodney is a Registered Dietitian who has worked in the field of nutrition for 20 years.

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 INFORMATION

- Pre-registration required (limit of 25 people)
- Suggested donation of \$10 per session (made to Emanuel Synagogue Sisterhood)

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