

Emanuel Synagogue Sisterhood

presents:

Get Healthy; Stay Healthy — TOGETHER!

A Safe Place to Share with Your Emanuel Family



First two sessions:

July 15th

August 12th

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)
- All sessions will take place outside (weather permitting) or in the Silverman Auditorium

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

