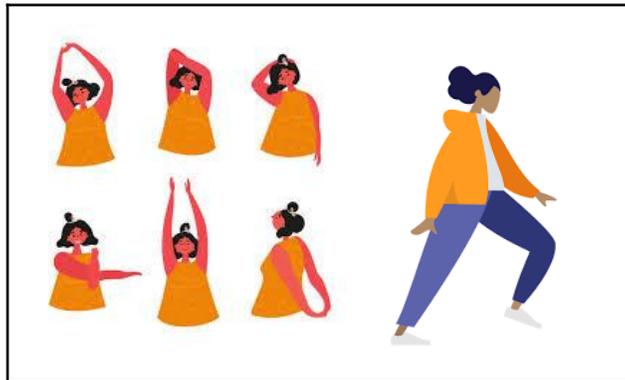


Emanuel Synagogue Sisterhood

presents:

a special active session of “Get Healthy; Stay Healthy — TOGETHER!”
STRETCHING AND EXERCISES FOR ALL AGES AND ABILITY LEVELS!
with special guest, Personal Trainer Ted Mangi!



Wednesday, August 17th
5:00 PM - 6:00 PM

ABOUT OUR 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>.

ABOUT OUR GUEST, TED MANGI

Ted Mangi has 20 years of experience training and coaching people from ages 12 to 70. He is a certified CT scholastic coach, NASM certified personal trainer, and martial arts instructor. He has earned a Masters degree in Teaching. His practice is focused on practical strength training, mobility, and pain free movement.

REGISTRATION AND INFORMATION

- Pre-registration recommended (limit of 25 people)
- Suggested donation of \$10 (checks can be mailed to Emanuel Synagogue Sisterhood)
- This session will be held in-person in the parking lot of the Emanuel Synagogue
- Wear comfortable clothing and appropriate footwear, and please bring your own water

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



Fern Cohen, President