

# Emanuel Synagogue Sisterhood

presents:

**Get Healthy; Stay Healthy — TOGETHER!**

*facilitated by Sisterhood Member Carolyn Topol*

**Get Healthy, Stay Healthy  
TOGETHER!**



**NEXT SESSION:**

**Thursday February 10 4:00 PM on Zoom**

## **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**) by **Wednesday February 9**
- Suggested donation of \$10 per session (checks can be made out to Emanuel Synagogue Sisterhood)
- This session will be held **via Zoom**.

If you have any questions, please email Carolyn Topol at [cstopol@gmail.com](mailto:cstopol@gmail.com)

Register for the Zoom links: email Fern Cohen at [stringteacher@cox.net](mailto:stringteacher@cox.net)

Sandra Myers, VP of Programming  
Fern Cohen, President