

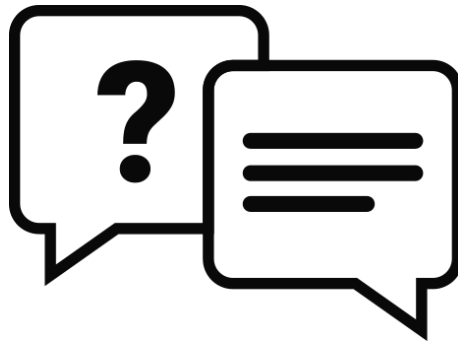


Emanuel Synagogue Sisterhood

presents:

Get Healthy; Stay Healthy — TOGETHER!

facilitated by Sisterhood Member Carolyn Topol



NEXT SESSION:

Thursday, March 3rd

4:00 PM - 5:00 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 in person in the Beth Hillel Community Room
- ALL COVID protocols will be followed - remember your mask!

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