

Emanuel Synagogue Sisterhood

presents:

A SPECIAL ZOOM SESSION OF

Get Healthy; Stay Healthy — TOGETHER

with a special guest, Personal Trainer Ted Mangi!



INFORMATION:

Thursday, May 5th
5:00 PM - 6:00 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>.

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 per session (checks can be mailed to Emanuel Synagogue Sisterhood)
- This session will be held via Zoom

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