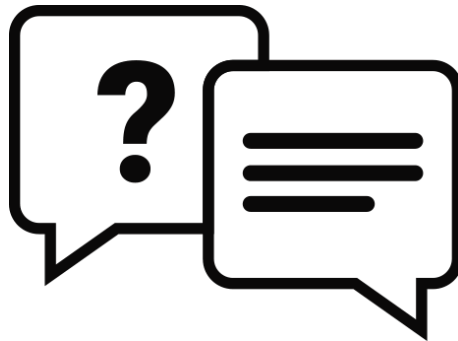


# Emanuel Synagogue Sisterhood

presents:

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

*facilitated by Sisterhood Member Carolyn Topol*



**NEXT SESSION:**

***Thursday, June 16th***

***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, outside in the parking lot (in case of inclement weather, we will meet in the Beth Hillel Community Room)

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



Fern Cohen, President