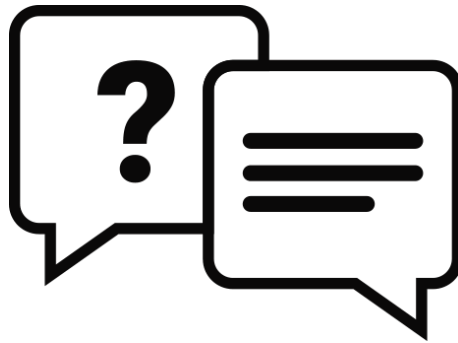


Emanuel Synagogue Sisterhood

Get Healthy; Stay Healthy — TOGETHER!

a **confidential** discussion facilitated by Sisterhood Member Carolyn Topol

We look forward to welcoming new members as we discuss topics related to personal health - mind, body and soul!



NEXT SESSION:

Thursday, August 11th

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
(if necessary, the meeting will move into the shul, in the Beth Hillel Community Room)

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



Fern Cohen, President