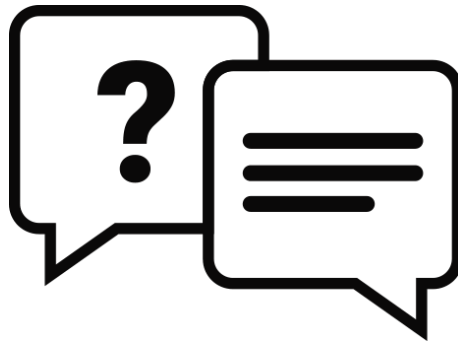


# Emanuel Synagogue Sisterhood

**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, November 10th***

***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

To register, or if you have any questions, please email [cstopol@gmail.com](mailto:cstopol@gmail.com).