

Get Healthy; Stay Healthy - Together!

**Thursday, February 9th at 5:30 PM and
Thursday, March 2nd at 6:00 PM**

Silverman Auditorium (Zoom if there is inclement weather)

Join us for discussion related to personal health - mind, body and soul! We look forward to welcoming new members at a later time. Stop by on your way home from work!

Please RSVP to Carolyn Topol at cstopol@gmail.com.

About the Facilitator

Carolyn Topol is an Emanuel Synagogue member, an experienced educator and former Weight Watchers meeting leader.

