



Get Healthy; Stay Healthy - Together!

Thursday, April 20th at 5:30 PM

Beth Hillel Community Room

(Please plan to enter through door closest to Mohegan Drive and the small chapel; you must RSVP in order to receive the phone number to be let into the building)

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.



**SUGGESTED
DONATION OF
\$10 PER SESSION**