

Get Healthy; Stay Healthy - Together!

Thursday, October 12th / 5:00 - 6:00 PM

Rear Parking Lot

(In the event of inclement weather, this session will take place in the Silverman Auditorium. 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!

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**