

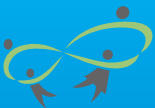
# A Healthy Relationship: *Is It Essential?!*



**When was the last time you invested in your relationship?**

**Join us and take some time to:**

- Re-energize yourself
- Enjoy Mindfulness practice activities to de-stress
- Improve your communication skills
- Strengthen your commitment



ALABAMA  
HEALTHY  
MARRIAGE  
&  
RELATIONSHIP  
EDUCATION  
INITIATIVE

Healthy Couples  
Healthy Children

**Your guide  
for successful relationship skill building!**

**FOR MORE INFORMATION, PLEASE VISIT: [www.AlabamaMarriage.org](http://www.AlabamaMarriage.org)**

The ELEVATE couples workshop is designed to take your relationship to the next level. The seven core principle/ skills you will learn will have a lifelong impact.

These **6 free “ELEVATE”** workshops are for couples in all stages of their relationship or marriage. Make it a date night and come join in a **ZOOM online** class beginning at **7:00 p.m., May 14th, 21st, 28th, June 4th, 11th and 18th.**

This research-informed couples’ education class helps you build and sustain your healthy relationship which is essential in keeping our families strong.

Would you like more information on our program?

[dicksonl@safesylacauga.com](mailto:dicksonl@safesylacauga.com)

**Couples will receive a  
\$50 Walmart gift card  
for completing program surveys  
before the first class!**



**To Register:**

Call Linda Dickson or Ollie Kates  
at SAFE (256) 245-4343

e-mail: [dicksonl@safesylacauga.com](mailto:dicksonl@safesylacauga.com)

[www.safefamilyservicescenter.com](http://www.safefamilyservicescenter.com)