



Taking Your Relationship to the Next Level

Do you want to enrich the quality of your relationships?

ELEVATE – Taking Your Relationship to the Next Level

is an interactive couple's education program that blends practical skills with an understanding of the heart-brain-behavior connection to enhance a healthy relationship. Together as a couple, you will initiate discussions, learn and practice several skills to maintain a healthy and stable relationship. No matter where you are in your relationship, the skills you'll learn will have a lifelong impact.

Topics to be covered include:

- E**mpower Yourself – individual health influences the health of a couple's relationship
- L**ay the Foundation – in making deliberate and conscious decisions about your relationship
- E**nlighten – developing an understanding of your partner creates stability
- V**alue – ways to show that you care for your partner
- A**ttach – learning and growing together as a couple
- T**ame – dealing with differences
- E**ngage – creating safety nets in connecting their relationship with others

Dates: March 30, April 6, 13, and 20, 2021

Time: 3:00-5:00 PM

Place: Mill Race Center

Registrations will be taken at Mill Race Center, 900 Lindsey St., Columbus, IN

Cost: \$10.00 per person to cover book

**For More Information: Call the Bartholomew County Extension Office—
812.379.1665 or email armstrh@purdue.edu**

