



Research indicates couples who spend 6 hours a year in marriage education have happy successful relations.

Research also indicates that 80% of the couples who attend pre-marriage education are still together 10 years later.

These statistics prove the value of relationship enrichment education.

Attend these FREE classes.

Classes are sponsored by:
Utah Commission on Marriage
Department of Workforce
Services
Washington County Marriage
Coalition

Visit Utah Marriage
<http://utahmarriage.org>



Contact:

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Washington County
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St. George, UT 84770

*“Utah State University is an
affirmative action/equal opportunity
institution.”*

*Practical solutions for a complex
world.*

Lovin' Your Marriage

Designed for

Building Stronger
Relationships
Pre-Marriage and
Marriage Education



Classes repeat every
2 months.

This 6-session research-based educational curriculum is designed for pre-married, married or partnering couples. It focuses on building couple and family strengths while addressing the unique needs and issues that face couples in different phases of their relationships.

Sessions taught by various certified individuals.

Topics covered are:

Commitment

Communication Skills

Financial Harmony

Issues that Hurt

Blending Families

*Safety in the Home -
Preventing Violence*

FREE

Monday evening classes
begin at
7:00 PM

Light dinner served

Classes held at:
Utah State University Extension
44 North 100 East
St. George, UT

Call: (435) 635-2692
for information or
reservation.



**\$20.00 Rebate towards
Marriage license.**

*(Rebate couples must attend 6 hours of
education including the Preventing
Violence session)*

Relationship Tips

Focus on Friendship

The basis of any happy marriage depends on friendship, respect for and enjoyment of each other's company.

What do we do that enhances our friendship?
What is the best thing about our relationship?

Punctuate the Positive

We can be either positive or negative, we make those choices. No one else makes them for us.

Rely on Rituals

A ritual is something that has a positive emotional meaning to both parties. It might be the same thing every time of day, a good bye kiss, a touch, a service, a note with lunch, a special occasion.

Discuss your Expectations

Learn to communicate with each other. Listen, repeat, and then talk (do you have the lips or the ears?). If someone doesn't know what you expect or feel, it will be hard to meet that expectation.

Communicate about Money

Successful relationships have good money communication skills.

Doing Right for Others?

Don't allow yourself to fall into the pitfall of "should haves". When we fail to do what we "should have" for our partners, we begin to resent them.