



# HEALTHY RELATIONSHIP EDUCATION

for professionals working with  
couples, families, and children

**Thursday, February 13, 2020**

*(Snow Date Thursday, February 20, 2020)*

**8:30 am—4:30 pm**

**Heartland Acres Event Center**

**Independence | 2600 Swan Lake Blvd**

Providing couples with healthy relationship skills is important! Training topics focus on behaviors and skills that reduce stress and help individuals and couples have happier, healthier relationships and families ...

## CARE FOR SELF

Being physically and mentally healthy

## CHOOSE

Making intentional relationship choices

## KNOW

Get to know your partner well

## CARE

Show affection and respect

## SHARE

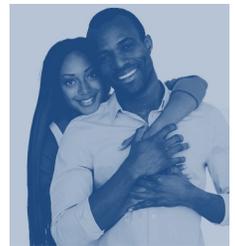
Develop and maintain your friendship

## MANAGE

Deal with differences in healthy ways

## CONNECT

Engage a positive social network



**Cost: \$125** (includes curriculum and lunch)

**Register:** at <http://bit.ly/hret14487> by Friday, February 7, 2020

**Questions:** or for help registering contact:

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Extension and Outreach

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