

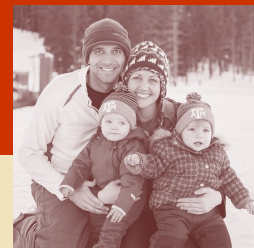
WITHIN
My Reach[®]

PREP, Inc.



Relationships Matter Class

Communication ■ Respect ■ Stress Management
Problem Solving ■ Smart Love



Relationships take work...When we're managing a busy schedule, it's easy to take relationships for granted. But research shows that our relationships impact our health, happiness and even our financial wellbeing. Strong relationships help us thrive!

Relationships Matter is an awareness and communication skills class for individuals. Through discussion and activities, participants learn how communication, stress management, problem solving and other skills can strengthen all kinds of relationships, including couple, parenting, friendships, work relationships and more. **Relationships really matter!** They impact our health, happiness, families, financial stability, and life satisfaction.

Boost your relationship smarts!

Schedule a Relationships Matter Series for Your Group

6 sessions ■ \$10 per person ■ 8-12 per group ■ Individuals, friends or couples welcome!

Features evidence based curriculum from PREP, Inc.

**For questions or to schedule classes for your group, call the
Ashland County UW-Extension Office at 715-682-7017.**