

DATE YOUR MATE

class series

Your Recipe for a Stronger Marriage

7-9 PM

3rd Friday of each month

September 2011-
June 2012

Riverton Community
Center
12830 S. Redwood Rd.

FREE!

Food, hands-on activities & tips to help fuel the fire in your marriage!

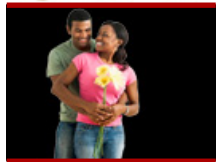
RSVP: ONLINE

<https://extension.usu.edu/saltlake/htm/date-your-mate/>

OR BY CALLING

801-468-3179

SCHEDULE ON REVERSE



StrongerMarriage.org*

Utah State University is an affirmative/equal opportunity institution

DATE YOUR MATE

SEPTEMBER 2011 - JUNE 2012

7-9 PM 3rd FRIDAY OF THE MONTH

Riverton Community Center-12830 S. Redwood Road

Sept. 16: Feed Your Marriage - Why Date Your Mate?

Strong marriages are fed, in part, by regular date nights. We'll kickoff the series, guide you down memory lane & do hands-on activities to fuel the fire in your relationship.

Oct. 21: Tricky Treat - Celebrating Each Other

Two different backgrounds & cultures go into a marriage. This date night will focus on recognizing, celebrating & creating traditions & memories to last a lifetime.

Nov. 18: Pie Festival - 2 Wholes Make a Whole

Join us for an evening of eating delicious pies. This date will focus on fulfilling each other's needs for individuality.

Dec. 16: The Season of Give & Take - Out

Learn how to give your partner the love they need by discovering each other's Love Language®. We'll also give to our community through a service project.

Jan. 20: Ingredients to Make Love Last

From National Popcorn Day to Chinese New Year, reasons to celebrate are everywhere. We'll focus on creating significant rituals to celebrate love & build connection.

Come Celebrate Marriage Week

Feb. 10: Sex, Love & Intimacy - The Spice of Marriage

Join Dr. Scot Allgood for an entertaining presentation on sex in marriage.

Feb. 17: Soothe Marriage Indigestion - Healthy Conflict

Conflict is a law of nature; handling it in a non-hurtful way is an art. Gain new perspectives on problems & problem solving. We will also cook up a heart-healthy meal.

March 16: Appetite for Entertainment

"Those who play together stay together." Join us for game date night, where couples will play together & gain tips on adding fun & play to their relationship.

April 20: Love & Money - Is It Feast & Famine?

Money can stress relationships. Discover your Money Habitudes® & how they affect your relationship. We'll guide you to less famine & more feasting in love & money.

May 18: Life in a Blender - Balancing Roles

Balancing home, family & work life can be hard! Get tips on balancing roles & responsibilities as a team for a smoother blend in a complex world. Smoothies served.

June 15: Marinate Your Marriage BBQ Night

Strong, healthy families have common traits. Learn to build & create these traits in your family. We'll wrap-up the series with games & a BBQ!