

ePREP

⇒ *online* ⇒ *self-paced* ⇒ *narrated*



Imagine better health.™

This program is designed to strengthen and improve relationships. ePREP is proven to increase dedication, positive communication, and trust in relationships. This course is for those whose relationships are doing well and for those that could be better. This course takes 1 – 3 hours to complete, and covers topics like:

- ⇒ Recognizing what goes wrong in relationships
- ⇒ Removing the filters that may secretly be wreaking havoc in your relationship
- ⇒ Getting to the heart of conflicts
- ⇒ Using the Speaker Listener Technique to talk more and fight less
- ⇒ Problem solving to put issues behind you
- ⇒ Finding ways to have more fun with your partner

Register here to start ePREP today

www.surveymonkey.com/r/ePREPRegistration

Our program is committed to creating healthy communities. Healthy communities start with healthy people and we do our best to foster wellness on all fronts. Relationships impact health; research shows that those who have satisfying relationships with family, friends and their community have fewer health problems, are happier, and live longer. ePREP is the first step to personal growth, skill development, and forming more enriching relationship with the important people in your life. For more information contact Veronica at vmzietz@primecare.org or 701-530-4973.