



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY RELATIONSHIPS SERIES

- ❖ **FREE FOOD**
- ❖ **FREE ADMISSION (no membership required)**

With Steve Torma, Director of **The REAL Center**

Healthy relationships don't just happen. Like healthy bodies, they need to be conscientiously nourished and cared for. Physical fitness, mental fitness, and emotional fitness all require personal and group training, regular exercise, and loving attention. Come learn skills, practices, and resources for healthy communication, deep connection, and self-awareness.

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- December 21st** Loving Family Gatherings: Making the holidays truly happy
- January 18th** Resolutions that Stick: What makes bad habits hard to break
- February 15th** The Art of Loving Relationships:
Avoiding the top ten romantic pitfalls
- March 15th** The Great Depression: Not letting the economy get you down

**3rd Friday of every month at the Neighborhood Y at Woodfin
5:30-7:00pm**

To register (optional) or for more information, visit www.theREALcenter.org
The Neighborhood Y at Woodfin, 40 N. Merrimon Ave 828 505 3990