# **Building Healthy**

For Couples

#### DO YOU KNOW AN ENGAGED COUPLE?

Consider gifting them a weekend of premarital education!

> This is the perfect gift for the happy couple! It will strengthen their foundation for marriage!

#### Some of the topics include:

- OQuestions to discuss before marriage
- **OEmotional and Physical Health**
- **OPrimary Love Languages**
- **OFinance and budgeting**
- **OCommunication**

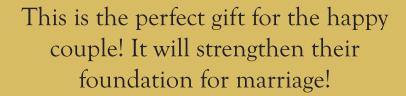
Taught by a licensed therapist www.buildinghealthyfoundations.com

### Building Healthy FOUNDATIONS

For Couples

### DO YOU KNOW AN

Consider gifting them a weekend of premarital education!



#### Some of the topics include:

- **OQuestions to discuss before marriage**
- **OEmotional and Physical Health**
- **OPrimary Love Languages**
- Ofinance and budgeting
- **OCommunication**

Taught by a licensed therapist www.buildinghealthyfoundations.com



## Building Healthy **FOUNDATIONS**For Couples

In Utah when a couple completes 6 hours of premarital education or premarital therapy, they can receive \$20 off their marriage license online. They can also receive \$20 from a program at UVU.

The cost per couple is \$250 for the weekend, (6 hours of education). With the \$40 total that the couple applies for, the cost ends up working out to \$105 per person.

Includes, one FREE video consultation with a licensed therapist within the first year of marriage! (\$100 value!) That is 7 hours of preventative education, averaging out to ONLY \$15 dollars per hour, per person!

The couple will get to keep their workbook with information they have learned! It will also have specific things that pertain to the couple!

"Thank you for supporting my mission of helping couples build healthy foundations for their marriage"

For questions or to purchase, call or text Sonnet Hintze, LMFT (801)792-2012

\*\*A couple that has been recently married or a couple that is having some difficulty, can attend the classes, with purchase\*\*

www.buildinghealthyfoundations.com

### Building Healthy FOUNDATIONS

For Couples

In Utah when a couple completes 6 hours of premarital education or premarital therapy, they can receive \$20 off their marriage license online. They can also receive \$20 from a program at UVU.

The cost per couple is \$250 for the weekend, (6 hours of education). With the \$40 total that the couple applies for, the cost ends up working out to \$105 per person.

Includes, one FREE video consultation with a licensed therapist within the first year of marriage! (\$100 value!) That is 7 hours of preventative education, averaging out to ONLY \$15 dollars per hour, per person!

The couple will get to keep their workbook with information they have learned! It will also have specific things that pertain to the couple!

"Thank you for supporting my mission of helping couples build healthy foundations for their marriage"

For questions or to purchase, call or text Sonnet Hintze, LMFT (801)792-2012

\*\*A couple that has been recently married or a couple that is having some difficulty, can attend the classes, with purchase\*\*

www.buildinghealthyfoundations.com