# Elevate

Join couples across Georgia in learning practical skills to manage stress and **ELEVATE** your relationship or marriage!

*Taking Your Relationship to the Next Level*

# DATE NIGHT?

## FREE ONLINE PROGRAM FOR COUPLES!

Choose the ELEVATE online format that works for you!

Commit just **4 weeks and about 12 hours** with your partner to take your relationship to the next level.

- Complete eight, 90-minute modules together.
- Open to all married and unmarried couples.
- **Both** partners must participate.

**"I feel like we've grown stronger after the Elevate program as a couple."**








It "pays" to **ELEVATE** your relationship!

- Earn up to **$270 per couple** in e-gift cards for participating in ELEVATE and completing research surveys, with opportunities to earn more through additional follow-up surveys.

*"An educational program, NOT counseling"*

Elevate Couples Georgia
*Taking Relationships to the Next Level*

**Follow us** for relationship tips and **ELEVATE** updates!

*Learn more and sign up today!*

**ElevateCouplesGeorgia.com**

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*An Equal Opportunity, Veteran, Disability Institution.*

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UNIVERSITY OF GEORGIA EXTENSION