

Better Marriages North Carolina 2015 Retreat/Conference
Unplug to Connect
“Disconnecting from Distractors to Enhance Your Relationship”
March 6-7, 2015
Embassy Suites
Raleigh - Durham/Research Triangle

Friday

Join us for an Exciting Marriage Enrichment Experience in the Raleigh/Cary Area.

Enjoy quality sessions designed to help couples look at their relevant issues, located at a fantastic Atrium Hotel where you will connect with other couples committed to their marriages.

Program Overview

The Retreat kicks off on Friday at 7pm. Couples will need to have dinner prior to coming to the program, but will enjoy an ice cream bar, social time and a dance after the Keynote speakers.

The retreat continues Saturday morning at 9 am with **Track #1 Disconnecting, & Track #2 Connecting**, with 3 workshops in each track from which you may choose.

Lunch and a luncheon Program will follow the morning workshops,

After lunch, **Track #3 Getting Back on Track**, with three workshops from which to choose.

The retreat will close by 4:30 pm after a time to reflect on our Retreat experiences and a Retreat Wrap Up.

Door Prizes and a Raffle will also be part of the retreat.

Friday afternoon registration is from 4 – 6 pm. Join us in the Hospitality Suite for light refreshments from 5 – 7 pm.

Friday evening keynoters are Wayne and Turner Tramberelli. They will lighten your hearts as you smile and laugh through their presentation of a modern married couple in this age of numerous marriage distractions. Watch and listen as this couple overcome their obsessions with electronics and the many other activities that keep couples from sharing the love and joy of a happy growing marriage.

Following the ice cream social, there will be music and dancing with our DJ, James Herrick.

Saturday

Saturday will give couples the opportunity to select workshops from three tailored Tracks dealing with the important issues of **Unplug to Connect: Disconnecting, Connecting, and Getting Back on Track**.

Lunch will be in the Triangle Ballroom with entertainment and a brief business meeting.

Hotel Information and Registration:

Embassy Suites

201 Harrison Oaks Blvd, Cary, NC 27513
1-919-677-1840

***Ask for the Better Marriages North Carolina rate of \$109 plus tax and fees**

Rate is guaranteed through February 6, 2015, based on room availability, so make your reservations NOW!) This same rate is good March 5th thru 7th

Saturday Workshops

Track 1 –Disconnecting

What To Do When the Power Goes Out

Leslie and Jim Rhodes

This workshop will focus on ways to enhance our relationships that are not dependent on twenty-first century technology. Last year's ice storms introduced many of us to a non-electronic time. Each couple will be invited to participate in an "unplugged" activity and begin to formulate ideas for their future "snow days".

Disconnecting from Distractors: Keeping the Main Thing: The Main Thing

Elaine and Bill Matthews

It has been said that the average person checks his/her cell phone 110 times per day and that young adults (18 to 24) send 2,022 texts per month. Want to know how to identify and keep the main thing the main thing? Then come and explore an innovative approach to: (1) Evaluating your current relationship (2) Making what you discover and like a part of your daily routine and (3) Creating a -to-don't list!

Turn-Off the Tech and Turn-On Your Marriage

Myra and Michael Holmes

Can the beauty and elegance of an iPhone, iPad, or Galaxy negatively impact your relationship? ...You bet it can. During this seminar, Michael and Myra will help you to better understand when it's okay to turn on the technology; but more importantly, you will leave knowing when to turn-off those sexy little devices and redirect your attention toward your mate.

Track 2 – Connecting

Connecting in the Bedroom (Intimacy and Sex)

Ken and Vernita Griffith

It's not unusual to become disconnected in the romance department every now and then. In this workshop we will explore a collection of ideas and activities that promise to reconnect you to your spouse and allow those sparks to fly once again. Prepare yourself for gleaming giggles, igniting information, and energetic incentives.

Connecting in the Kitchen" (Cooking Together)

J'Metria and Arthur Anderson

Romance can and should start in the kitchen. Come learn how to flirt and cook in order to warm up for the love making that will take place in the bedroom. We will show you a sweet treat to get the flirting started before you get home.

Track 2 –Connecting – Continued

Make Love Not War: Anger is a Significant Relationship Gift **Bill and Linda McConahey**

Many couples avoid conflict in their lives together, however both anger & conflict are inevitable in intimate relationships. In fact, conflict is often a gift and points to the growing edges of your relationship. This workshop will focus on using anger and conflict to enhance & grow your relationship.

Track 3 –Getting Back on Track

The Happy Secret to a Happy Marriage

Roberta and Terry Heinlein

According to psychologist Shawn Achor's book, *The Happiness Advantage*, 90% of long term happiness is predicted not by the external world, but by the way we process the world. Couples will participate in five activities to promote happiness and improve success in their marriage.

Connecting to Enhance Your Communication

Renee and Chuck Hinson

In this session, we will be reviewing the best features of several communication strategies and exploring how each of these might be applied to the challenge of reestablishing intimacy after a disconnect. There will be opportunities for couple dialogue throughout this workshop.

Connecting Through Couple Massage (Bring a pillow)

Mary and Tim Hart

Enjoy couple time while learning basic massage techniques that will bring you closer. Learn a powerful non-verbal communication method. During this session, couples will learn about the importance of touch and the value to their relationship, and how touch affects both the physical and emotional aspects of each person

Special Track–Marriage Enrichment 101

Alice and Lee Carnes

(Couples Stay together for all 3 Tracks) Connecting for First Time Couples ****This class is highly recommended for all couples who are new to Marriage Enrichment and/or Better Marriages****

This workshop is an introduction to relationship principles and skills that are the hallmark of Better Marriages. Learn proven skills to take your relationship to a deeper, happier, and more loving place.

Registration Form

Unplug to Connect

2015 Better Marriages North Carolina Marriage Enrichment Retreat for Couples

Spouse 1 First Name Spouse 1 Last Name
email address
Spouse 2 First Name Spouse 2 Last Name
email address
Address
City State Zip Code
Phone () -
Anniversary Date

- **Please make one lunch selection for you:**
 - Parmesan and Herb Crusted Breast of Chicken
 - Vegetable Ravioli Entrée
 - For Special Dietary Restrictions (call Frank McElroy at 919-782-5407)
- **Please make one lunch selection for your spouse:**
 - Parmesan and Herb Crusted Breast of Chicken
 - Vegetable Ravioli Entrée
 - For Special Dietary Restrictions (call Frank McElroy at 919-782-5407)
- **Fee**

Type	Fee
Registration Fee	139.00
Registration Fee	0.00
Registration Fee \$149.00 after Sunday January 18, 2015	

Saturday Workshops

- Registration for workshops is on a first come, first served basis. Register early! In an effort to keep our workshop sizes balanced, please select two morning and one afternoon workshop, as well as a second choice for each. You will only be assigned to your second choice if your first choice session fills up or becomes unavailable. If you register for **Workshop J: Marriage Enrichment 101** you will not need to register for any other workshops, since you will stay with this workshop through all three Tracks on Saturday.

- **First Choice for Track 1 - Disconnecting Saturday Morning 9 a.m. to 10:30 a.m.**
 - Workshop A: What to do when the power goes out
 - Workshop B: Disconnecting from Distractors
 - Workshop C: Taking a Tech time out on your Marriage
- **Second Choice for Track 1 - Disconnecting Saturday Morning 9 a.m. to 10:30 a.m.**
 - Workshop A: What to do when the power goes out
 - Workshop B: Disconnecting from Distractors
 - Workshop C: Taking a Tech Time Out on your Marriage
- **First Choice for Track 2 - Connecting Saturday Morning 10:45 a.m. to 12:15 p.m.**
 - Workshop D: Connecting in the bedroom (Intimacy and Sex)
 - Workshop E: Connecting in the Kitchen (Cooking Together)
 - Workshop F: Make Love not War: Anger is a Significant Gift
- **Second Choice for Track 2 - Connecting Saturday Morning 10:45 a.m. to 12:15 p.m.**
 - Workshop D: Connecting in the Bedroom (Intimacy and Sex)
 - Workshop E: Connecting in the Kitchen (Cooking Together)
 - Workshop F: Make Love not War: Anger is a Significant Gift
- **First Choice for Track 3 - Getting Back on Track Saturday Afternoon 2:00 p.m. to 3:30 p.m.**
 - Workshop G: The Happy Secret to a Happy Marriage
 - Workshop H: Enhancing Communication
 - Workshop I: Couple Massage (Bring a Pillow)
- **Second Choice for Track 3 - Getting Back on Track Saturday Afternoon 2:00 p.m. to 3:30 p.m.**
 - Workshop G: The Happy Secret to a Happy Marriage
 - Workshop H: Enhancing Communication
 - Workshop I: Couple Massage (Bring a Pillow)
- **Special Track:** *This option is highly recommended for all couples who are new to marriage enrichment or Better Marriages. Couples will stay together during the day for all three tracks. When you register for Marriage Enrichment 101, you do not need to select choices for tracks 1, 2 or 3 above.*
 - Workshop J: Marriage Enrichment 101
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First time?

- **If this is your first time attending a marriage enrichment event, please let us know how you heard about us!**
- **Are you new to marriage enrichment?**
 - Yes
 - No

• Is this your first North Carolina marriage enrichment retreat/conference?

- Yes
- No

Name	Type	Quantity	Fee	Total
	Registration Fee	1	\$139.00	\$139.00
Total.....				\$139.00
Total after January 18, 2014.....				\$149.00

Payment

Payment Method

- Credit Card (Call Registrar at 919-782-5407)
- Pay By Check

Payment Information

Please make your check payable **to: *Better Marriages – NC***

Questions

Mail Check and this Form to: Frank McElroy, Registrar Ph. 919-782-5407
5019 Tanglewood Drive Ph. 919-673-7847
Raleigh, NC 27612