



COUNSELING MINISTRY OF WEST SHORE EVANGELICAL FREE CHURCH

1345 Williams Grove Road, Mechanicsburg, Pennsylvania

Announces a 4 week Marriage Enrichment Seminar

“Dancing your way to a healthy marriage”

Saturdays, October 4th, 11th, 18th, 25th 6:00 PM- 8:30 PM Room 215

Marriage and Family Counselor, Dan Lundblad, and his wife, Joan, invite you to join them in an exciting journey of enriching your marriage relationship with other couples who are passionate about developing and maintaining a “ONE FLESH MARRIAGE RELATIONSHIP ‘til death do us part!”

Whether you have been married for one month or 50+ years, you are welcome to attend!

SPECIFICS INCLUDE:

- **Frank Hancock (www.hancockdance.com), professional dance instructor will instruct couples each week from 6 – 7 PM in the Swing, Cha Cha, Foxtrot, Tango and the Cupid Shuffle line dance.**
- Before the seminar begins you will be asked to complete an online marital assessment called PREPARE/ENRICH. Throughout the four weeks that we meet, we will be reviewing various aspects of your individual results which will include:
 - Communication: Assertiveness and active listening skills
 - Conflict Resolution: Ten steps for resolving conflict
 - Learning how to take a “time out” from your spouse when stress and tensions increase
 - Seeking and granting forgiveness
 - Sex and Affection: Learning how to express our desire for healthy intimacy
 - Growing spiritually closer to one another; developing a ONE FLESH UNION
 - Establishing a vision statement for the future success of your marriage
- The seminar format will be a combination of group presentations and discussion intermingled with private guided discussion with your spouse. **At no time will couples be made to share personal information with others in the group. Privacy will always be protected.**

COST FOR SEMINAR: Before September 15th: \$195/couple After September 15th: \$215/couple

Cost includes: Prepare/Enrich online assessment, 10 page report and (2) marriage workbooks

Four (4) one hour dance lessons by professional dance instructor Frank Hancock

On Saturday, November 1st at 6 PM a catered **CELEBRATION OF MARRIAGE CANDLE LIGHT DINNER** will be held in the Blue Room followed by the renewal of our marriage vows. Following dinner, Frank Hancock will help us “dance the night away” allowing us to use our new skills on the dance floor!

Please note: **COST OF THE DINNER IS IN ADDITION TO THE SEMINAR**

REGISTRATION IS REQUIRED: Contact Dan Lundblad at dan@lifebuilderscoaching.com, or call: 717-810-7855
(Child care is available each night for an additional cost of \$10 per child each night.)