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## **IS A TRIP TO OLYMPIA SPA & RESORT GOOD FOR YOUR RELATIONSHIP?**

MILWAUKEE, WI - Milwaukee may be known as one of the sexiest cities in America, but can physical appeal parlay into a healthy personal relationship or marriage? Can one night at Olympia Spa & Resort really strengthen existing relationships, or prepare locals for their own prospective unions? If we all *Vow to Succeed*, can we truly reverse alarming trends that threaten the success of our youth and perpetuate lifetime poverty?

Beginning on Saturday, September 13, 2008 at 9:00 a.m., The Center for Self Sufficiency will host the “*Vow to Succeed – Make a Commitment + Make it Happen*” summit at St. Joseph’s Hospital, followed on Saturday, September 20, 2008 by a trip to Olympia Spa & Resort. Combined, these two events will introduce participants to an activity-based education, resources and tools for strengthening personal relationships and/or marriages.

Developed for either individuals or couples, both events will address a variety of topics including:

- Dealing with conflict
- Smart Communication
- Infidelity, Trust, Forgiveness
- Speaker-Listener Techniques
- Sliding vs. Deciding
- Commitment

A \$25 individual registration fee (\$50 for couples) will guarantee a seat at both events, as well as transportation to and from Olympia Spa & Resort. Advanced registration is required before September 9, 2008. For more information or to register, please contact Jodine Ivy at 414.326.3148 or visit [www.vowtosucceed.org](http://www.vowtosucceed.org).

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