



“SIX WAYS TO JUMPSTART YOUR MARRIAGE”

From honeymooners to longer married couples, this workshop is for you. Come and learn how to avoid major potholes and stop spinning your wheels! A fun, light hearted, and practical presentation on how to have a smoother ride on your journey together.

This presentation can be tailored to your group: from a one hour keynote address, to a two evening two hour per session workshop. If you would like Val to present to your group, phone/fax her at (403) 284-1999, or e-mail her at val@walkandtalkforwomen.com.

Why Do I Qualify To Speak About Marriage?

I have been married twice (so far - I tell my husband he's the 2nd of 8, like Elizabeth Taylor). I have been married for 31 years overall. 21 of those years I was married to an Egyptian physician (psychiatrist), and 10 years to an African American musician (drummer) - so that must qualify me to have learned something! Both husbands would have agreed that the amount I know about men you could fit on the head of a pin, but they say you learn from your mistakes.

Val Warner, BA MSW RSW, has her own counselling practice called Walk & Talk Counselling for Women. She helps stressed-out women to get more joy out of life and to improve family harmony. Val also gives presentations to women's groups and can be reached at phone/fax (403) 284-1999 or e-mail her at val@walkandtalkforwomen.com.