FREE ONLINE PROGRAM FOR COUPLES MANAGING A CHRONIC ILLNESS

Join us for a FREE six-session (once every other week) education program for couples who wish to better their physical, emotional, and relational health!

Come and learn in an interactive environment about how to work together to manage the illness, effective communication, stress reduction strategies, and the keys to successful healthy habits.

Receive a total of $80* per person for completing program surveys.

Classes Meet for Six Thursdays
Dates: May 14, May 28, June 11, June 25, July 9, July 23
Time: 7:00 – 8:30 PM
Location: Zoom (online)

Email lka0001@auburn.edu or call 334-734-6543 to Pre-Register; Registration is Required

For more information visit www.AlabamaMarriage.org or Find us on Facebook at https://facebook.com/ahmrei/

*Program Bonus: You have the opportunity to earn $160 as a couple, or $80 per person. You will receive $35 for filling out the “Entrance Surveys” at the beginning of the program, $10 for mid-program evaluations, and $35 for filling out the “Exit Survey” at the last class meeting. Compensation will be distributed by check or cash. All checks will be mailed by Auburn University and can take up to 3 weeks for processing.

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: # 90FM0082 and the Women’s Philanthropy Board of the Cary Center for the Advancement of Philanthropy and Nonprofit Studies. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.
ADDITIONAL CLASS INFORMATION

This class addresses the impact of a physical chronic illness—such as type 2 diabetes, cardiovascular disease, or chronic pain—on the couple relationship and the way the relationship can impact the illness. The class covers principles of relationships and tips for improving communication so that you and your partner can be on the same page in terms of your approach to health. It also includes content on how to make health changes together as a couple and discusses sleep, nutrition, exercise, sex and intimacy, stress management and mindfulness, and tapping into helpful resources.

MEET THE FACILITATORS

Dr. Josh R. Novak is a Licensed Marriage and Family Therapist and an assistant professor in the Marriage and Family Therapy program at Auburn University. His research focuses on the bidirectional associations between Relationships and Health, specifically among couples with chronic illnesses such as Type 2 Diabetes. He also investigates the processes that make marriage and family therapy successful.

Leah Burke, M.S., CFLE, serves in a hybrid role of Case Manager and Research Assistant for the Alabama Healthy Marriage and Relationship Education Initiative. She graduated from Auburn in 2013 with a Bachelor’s in Human Development and Family Studies and in 2015 with a Master’s in Marriage and Family Therapy. She enjoys working with couples and families to build both personal and relationship skills.

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