



## Lepage Associates presents our 2010 Lunch and Learn Seminar Series

### LOVE, SEX, AND RELATIONSHIPS

Come join us on **Fridays at noon**, every other month.  
Bring your brown bag or take-out lunch and enjoy our seminar series.

This is open to the public and **free!**

Lepage Associates Solution-Based Psychological Services  
5842 Fayetteville Road, Suite 106, Durham, NC 27713



#### **February 19th: 7 Ways to Get More Sex Presented by Dr. Tina Lepage**

Dissatisfaction with the amount of sex in a relationship is a common problem that comes up in marriages and other long term intimate relationships. It is a commonly seen problem in couple's therapy. Lack of sex does not always mean there are other problems in the relationship, but dissatisfaction does impact the rest of the marriage or relationship. Learn how to reignite passion in your relationship!



#### **April 9th: Maintaining Balance During Your Engagement: How to Plan without Losing Yourself and Your Relationship Presented by Dr. Nicole Imbraguglio**

Planning a wedding is one of the most stressful events people experience. Many people getting married feel pressure to have a "perfect" day, and this pressure takes us away from the joyful celebration a wedding can be. It's easy to get caught up in the zillion details of the wedding and lose sight of how you're feeling, as well as negatively affect the relationship your wedding is supposed to be celebrating. Come learn strategies to stay connected to your fiancé and 'be present' while planning your wedding.



**May 14th: Disaster Proof Your Relationship  
Presented by Dr. Molly Parks**

Relationships often end because we miss the warning signs. Come learn what warning signs to look and listen for in your relationship, and learn how to prevent problems from ending your relationship. A seminar designed to help you be proactive in protecting your relationship!



**July 9th: The Secrets to Maintaining Marital Bliss  
– Why Love Is Never Enough  
Presented by Dr. Katrina Kuzyszyn-Jones**

Many couples think the secret to marital longevity is passion. While this is certainly an important component of marriage – research indicates that communication, cooperation, appreciation, positive interactions, and problem solving are the keys to long lasting and happy relationships. Come learn how to develop these areas of your marriage – which can also help you regain or maintain that all important passion.



**September 10th: Baby Proof Your Marriage  
Presented by Dr. Tina Lepage**

Staying happily married with children can be hard work! Along with the joys, there are stresses that parenting brings to a relationship. Let's talk about how to keep your connection and intimacy while fulfilling the roles and responsibilities of parenting. This will include a discussion of how differences in parenting styles can affect the couple, and suggests effective strategies for navigating these differences.



**November 12th: Improving Your Marriage without  
Talking About It  
Presented by Dr. Nicole Imbraguglio**

Believe it or not, talking is not the only thing you can do to improve your marriage, and in fact sometimes talking is not beneficial! Come learn the secrets to what's behind your partner's behavior and the best ways to react that will increase your bond.