

Better Marriages North Carolina presents:

“Building a Healthy Marriage”

April 8, 2016 – April 10, 2016

Lake Junaluska Resort

We are excited to present the 2016 Better Marriages North Carolina conference,

“Building a Healthy Marriage”.

Each session is designed to assist couples in building healthy and fulfilling marriages. This year’s retreat will consist of seven speaker couples presenting on various topics that will assist couples in creating healthy or healthier marriages.

JOIN US, YOU WILL NOT REGRET IT!

Program Schedule:

Friday, April 8, 2016

4:00 pm – 7:00 pm Registration
5:30 pm – 7:00 pm Dinner buffet on your own
7:00 pm – 7:15 pm Welcome
7:15 pm – 8:30 pm Keynote presentation
8:30 pm – 10:00 pm *Social (Dessert bar)

Saturday, April 9, 2016

7:30 am – 8:30 am *Breakfast buffet
8:45 am – 9:00 am President couple presents
9:00 am – 11:45 am Workshops
11:45 am – 12 Noon Business Meeting
12 Noon– 2:00 pm *Lunch / Couple free time
2:00 pm – 3:30 pm Workshops
3:30 pm – 3:45 pm Break
3:45 pm – 4:30 pm Workshops
4:30 pm – 5:30 pm Tandem cycling (optional)
5:30 pm – 7:00 pm *Dinner buffet
7:30 pm – 10:00 pm *Dancing (group exercises)

Sunday, April 10, 2016

7:30 am – 8:30 am *Breakfast buffet
8:45 am – 9:00 am President couple presents
9:00 am – 11:00 am Workshops
11:00 am – 12 Noon Closing

* Included with registration fee

Program Information:

Friday, April 8, 2016

“What Is a Healthy Marriage?”

-Wayne & Turner Tamberelli
Keynote presentation

Saturday, April 9, 2016

“A Healthy Way To Start Our Day”

- Wayne & Turner Tamberelli

“Food For Thought”

- Jim and Kathy Weidner

“Managing Time For a Healthy Marriage”

-Reginald and Julia McClain

“Marriage Vision Statement”

-Lee & Alice Carnes

“I’ve Got Your Back: Developing Trust”

Tandem Cycling - Optional

-MJ & Larry Lieberman

Sunday, April 10, 2016

“Growing Your Marriage Garden”

-LaTricia & Anthony Smith

“Build a Strong Marital Home Through Teamwork”

-Mary and Jerry Elder

Hotel registration information:

Make your hotel reservations today by calling Lake Junaluska Resort at 1800-222-4930. Registrants have until March 31, 2016 to make reservations. Tell them you’re with the North Carolina Better Marriages

Retreat to receive the conference rate of \$86 per night.

Our rate is guaranteed through April 1, 2016, so make your reservations TODAY!

<http://www.lakejunaluska.com/>

Conference registration information:

See registration form for details!

Better Marriages North Carolina 2016 conference registration:

“Building a Healthy Marriage”

April 8, 2016 – April 10, 2016

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**Conference registration cost is \$149 per couple - early bird special
After March 1, 2016 cost increases to \$169 per couple.**

Registration fee covers:

All workshops, Friday dessert social, three meals on Saturday and breakfast Sunday

Registrant’s First Name: _____ **Registrant’s Last Name:** _____

Spouse’s First Name: _____ **Spouse’s Last Name:** _____

Preferred E-mail Address: _____ **Registrant’s Phone no.:** _____

Anniversary Date: _____

Registrant’s Mailing Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Is this your first North Carolina marriage enrichment retreat/conference? Yes No

Are there any dietary restrictions? Yes explain: _____

Registrations for the conference can be made:

✓ By mail (check or money order sent to the address below)

Or

✓ Online (preferred method)

Visit us online for more information and to register:

www.bettermarriagesnc.org

Mail Checks/Money Orders to:

NC Better Marriages
C/O Ron Musgrave
1761 Meadow Glen Dr.
Winston-Salem, NC 27127

For questions concerning payments please call:

Ron Musgrave at (336) 764-5427



**NC Better Marriages cancellation policy: Better Marriages NC will refund up to March 18, 2016 excluding any associated fees (i.e. PayPal fees).

Conference Speakers

“What is a Healthy Marriage?” – Friday keynote

“A Healthy Way to Start Our Day” - Saturday

Wayne & Turner Tamberelli

Wayne and Turner completed their leadership training in 2013 and Advanced Leader Training in St. Louis in 2015. They are the current President elect couple and will assume the Presidency at the Lake Junaluska retreat. They are also Professional Life Coaches specializing in relationship coaching. They believe learning should be fun and often use humor or theater in their teaching.

“Food for Thought” – Saturday

Jim and Kathy Weidner

Jim and Kathy Weidner have been married 15 years and have belonged to Better Marriages for almost as long. They are currently wrapping up their fourth year as the NC President Couple of Better Marriages. Professionally, Kathy works as a dietitian and Jim works as an Attorney. Together they try to keep things legal and balanced when they discuss diet, meal planning and nutrition at home. Jim has diabetes, and Kathy has experience telling people with diabetes what to eat and when to eat. This makes for some great dialogue! Like Jim says: "When you eat only healthy foods, you might not live longer, but it will seem a lot longer!" Jim and Kathy look forward to sharing their topic: "The way to a couple's heart, is through a healthy diet! Building a Healthy Marriage through a good diet and dialogue!"

“Managing Time for a Healthy Marriage” – Saturday

Reginald and Julia McClain

Reginald and Julia McClain have been married for 19 years. They will celebrate 20 years in September 2016. In October 2015, the McClain's became a Trained Better Marriages Leader Couple. They aim to become a Certified Leader Couple for Better Marriages. This is their first time facilitating a workshop at the NC Better Marriages Annual Conference. They have been members of Better Marriages for three years.

Reginald is a Facilities/Maintenance Technician and Julia is an Executive Assistant at NC State University (Raleigh, NC).

“Marriage Vision Statement” – Saturday

Lee & Alice Carnes

Alice and Lee have been married for seven years. They met on Match.com and attended their first Better Marriages conference in 2009. They completed their Leadership Training in August 2014 in Maine and their Advanced Leadership Training in July 2015 in St. Louis. This is their second time facilitating a workshop at the NC Better Marriages Annual Conference. They are avid bicyclists and love to travel. When vacationing they look for bicycling adventures on rail to trail byways.

“I’ve Got Your Back: Developing Trust” – Saturday

MJ & Larry Lieberman

MJ and Larry have been married for 33 years. They have been members of Better Marriages for 14 years. They are actively involved on the state board of North Carolina Better Marriages and have completed one Leadership training class. Larry was the “dragee” to Better Marriages and to the Leadership training. The only way MJ could get him involved was to suggest teaching a class on tandem cycling, which they have done for over 18 years together. They both feel they have had an incredible experience as a couple riding together and wanted

to share it with others. Larry says, he loves his wife for dragging him into this organization. They both look forward to sharing what we have learned.

“Growing Your Marriage Garden” - Sunday

LaTricia & Anthony Smith

Anthony and LaTricia Smith are marriage educators who believe in the beauty of marriage and enjoy sharing the joy (and sometimes pain) of marriage with others. They are a trained Better Marriages Leader Couple and had the pleasure of leading a Marriage Enrichment Group for military and veterans in the Fayetteville area. Anthony and LaTricia have been married for 26 years and are currently reveling in the joys of empty nesting.

“Build a Strong Marital Home Through Teamwork” - Sunday

Mary and Jerry Elder

Jerry and Mary Elder serve as the President Couple on the Better Marriages National Board of Directors. The Elders are retired and live on Lake Conroe in Montgomery. After marrying in 1981, they attended their first marriage enrichment retreat and joined their first MEG in 1982. They are a certified leader couple and active in the leadership of state and local marriage enrichment events. The Elders are past president couple for the Better Marriages Texas and the Austin Chapter and were honored to receive a Special Recognition Award from Better Marriages in 1992. They enjoy spending time with their five sons and grandchildren, traveling and volunteering. Jerry and Mary believe their involvement in Better Marriages has been responsible for the success and happiness they experience in their marriage.

