Relationships are a necessary part of healthy living, but there is no such thing as a perfect relationship. Relationships, from acquaintances to romances, have the potential to enrich our lives and add to our enjoyment of life. Maintaining realistic expectations and effective communication are two very critical components. Discussion will include exploration of the characteristics of healthy and unhealthy relationships. Participants will review techniques used to establish respect, build trust, convey empathy and decrease emotional reactivity.

This seminar will be facilitated by a UM FSAP consultant.

ATTEND:

**Coral Gables campus:** Tuesday, February 21st, 12:00-1:00 pm, McKnight Building, room #201AB

**RSMAS campus:** Wednesday, February 22nd, 12:00-1:00 pm, Library Media Room

**Miller Medical School campus:** Thursday, February 23rd, 12:00-1:00 pm, Clinical Research Building, Room #692

To register, go to [http://ulearn.miami.edu](http://ulearn.miami.edu).
For help with ULearn registration, or to receive email announcements of upcoming seminars, please call the FSAP @ 305-284-6604.