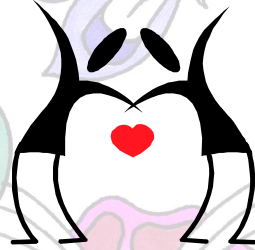


The Healthy Marriages Program
Definition of a "Healthy Marriage..."

Healthy Marriage



"Marriage is a lifelong commitment. Some of us learned about relationships from our parents or grandparents. Others learned by example. Still others had to learn on their own. But we all agree that keeping the marriage healthy is the shared responsibility of both the husband and the wife, because both will share in the joy! Loving and giving love raises everyone in the family up, and brings happiness, peace, fulfillment and wellbeing. Celebrate your marriage, and remember that it is a gift from a Higher Power. Tell each other that you love them - every day - and give lots of hugs and kisses. Respect each other's beliefs, interests, boundaries, likes and dislikes. Share responsibilities. Laugh together a lot. Trust and honor each other. Cheer each other up, and support each other in times of need. Talk openly and honestly all of the time. Remember your spirit. Focus on what is good. Maintain a good balance between work, partner and family. Listen. Forgive. Care for and protect each other. Be thankful."

Lummi survey conducted by the
HM Elder Resource Mentors 2007