

ELEVATE your RELATIONSHIP!



Military life comes with unique challenges that can complicate relationships.

That's why Military & Family Readiness, in partnership with Air Force Aid Society (AFAS), is proud to offer **Elevate**—a skills-based program designed to help couples strengthen and sustain healthy relationships.



ABOUT THE PROGRAM

- Classes are free
- Open to all Department of Defense ID card holders in a committed relationship
- Learn the 7-core skills and qualities for relationship success

WHY PARTICIPATE?

- Connect with other couples in a supportive environment
- Elevate your relationship to the next level

ADDED BONUS - It Pays to Elevate Your Relationship!

Air Force Aid Society will provide a \$160 grant for Air Force and Space Force active-duty members who complete the classes

Don't miss this opportunity to invest in your relationship, connect with others, and enjoy a financial reward!

Class Date:

23 Jan & 13 Mar 26

0800-1530

Location:

Military & Family Readiness Center
6001 Arnold St Tinker AFB, Ok

Contact your local
M&FRC for more
information.

Register at 405-739-2747 or 72FSS.Tinker.PWL@us.af.mil

