

“What’s Love Got to Do with It?” Healthy Relationships



February, and our culture’s recognition of St. Valentine’s Day, brings awareness to love and healthy relationships/partnerships. Healthy relationships involve respect, honesty, trust, and open communication between partners and take effort and compromise from both people.

During these busy times you may find it challenging to keep the spark alive; check out “5 Tips to Keep Your Relationships Happy, Healthy and Strong”
<https://www.livehappy.com/relationships/5-tips-to-keep-your-relationships-happy-healthy-and-strong>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.