



# What is Love

## (Outside of the Movies)

Join us for “What is Love (Outside of the Movies),” a transformative virtual workshop hosted by Full Range Foundation and featuring Sharon Kozak, a dedicated military spouse, advocate, and mental health champion. This interactive workshop explores the realities of military marriage, providing tools to strengthen relationships through communication, understanding, and shared goals.

Designed for military and veteran couples, the workshop includes engaging activities, practical strategies, and thought-provoking discussions to help you:

- Debunk societal myths about love.
- Communicate effectively about emotions, needs, and respect.
- Build a meaningful and resilient partnership.

Don't miss this opportunity to grow closer as a couple and create your own love story, grounded in connection and mutual respect.

### Workshop Objectives

1. To strengthen marriages while debunking societies ideas of love
2. An ability to communicate effectively about emotions, needs, and respect
3. This workshop supports the mission through helping couples grow and change together

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**\$25** PER COUPLE

**When: Feb 11, 2025**  
**Where: virtual**

**SIGN UP**

