



HJM presents:  
Torah Health-Education for Marriage  
T.H.E. "M"

# BRING A MARRIAGE ENRICHMENT SEMINAR TO YOUR COMMUNITY!

Bring your community together in a seminar that will change their lives!

[WWW.HEALTHYJEWISHMARRIAGES.COM](http://WWW.HEALTHYJEWISHMARRIAGES.COM)

## **MAKING GOOD MARRIAGES EVEN BETTER**

Married already for many years, newly wed or not yet engaged, everyone in your community will find benefit in learning the tools to build their marriage success.

It is never too late to start.

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The goal is to build a healthy life style:  
By making good habits that will build the marriage stronger and stronger.



The wise man knows that divorce prevention starts before problems get out of hand.

**An ounce of prevention is better than a pound of cure.**

By the time you help one in distress, you could save ten from falling in.



*Healthy Jewish Marriages*

HJM Marriage Enrichment Seminars bring awareness to married couples to improve their marriage at any stage in their life. They bring light to difficult topics, and offer practical techniques that work. It's about making good marriages even better.

Each day of the seminar starts with an inspiring lecture. The group is then offered practical exercises to make the lessons into good habits, in what's called a "marriage G.Y.M."

For individuals that want private attention, one to one coaching with Rabbi Gabay is also available.

Communities can choose the topics that they want to focus their Marriage Enrichment Seminar on, and the number of days the seminar will run by them. (The more days that the seminar runs for, the deeper the topic can be explored). There are a wide range of marriage health topics to choose from. Visit the HJM website for the full range of options.

Seminars are fully separated. Men and women alternate days; one day for men only, one day for women only.

# RABBI MEYER YISRAEL GABAY MARRIAGE COACH AND LECTURER FOUNDER OF HJM

*R. Meyer Gabay has been lecturing and coaching on Marriage health for over 10 years. He compiled many popular series of lectures for married men and for married women, guiding them to refresh, by implanting good habits in their marriage that bring good results. His guidance has helped many newly weds and countless chatanim (young men before entering marriage) to steer them clear from mistakes, & build their marriage properly from the start.*

*He founded the HJM, an organization for spreading these lectures and for personal coaching.*

*Now, R. Gabay is expanding the scope of the HJM outreach, with a new seminar program for Jewish communities called: "Torah Health-Education for Marriage" (T.H.E. "M"). He is available to lecture in your community as well.*

**FOR TOPICS AND REGISTRATION, VISIT:  
[WWW.HEALTHYJEWISHMARRIAGES.COM](http://WWW.HEALTHYJEWISHMARRIAGES.COM)**

