

# PICK SINGLES RETREAT

19-20MAR2016



“How to Avoid Falling  
in Love With a Jerk”



**DETAILS:** This training focuses on developing healthy romantic relationships, and teaches how to build a healthy relationship by following your heart without losing your mind.

More Info: [http://www.ong.ohio.gov/frg/FRG\\_retreats.html#singles](http://www.ong.ohio.gov/frg/FRG_retreats.html#singles)



After training Saturday evening, enjoy a buffet dinner and game play at Dave and Busters. Compliments of the USO.

**Watch the NCAA March**

**MADNESS on a BIG screen!!**



**When:** 19-20MAR2016

**Where:** TBD Cincinnati, OH

**Who:** Unmarried Army National Guard Soldiers

**TO REGISTER:** [https://www.surveymonkey.com/r/PICK\\_MAR2016](https://www.surveymonkey.com/r/PICK_MAR2016)

**REGISTRATION DEADLINE: 18FEB2016**

“The material helped me re-evaluate past relationships so that I don't make the same mistakes in the future.”

“I am currently in a relationship. This weekend gave me the tools to make sure I don't mess up a good thing.”

POC: CH (MAJ) Nick Chou

Email: [nicholas.a.chou.mil@mail.mil](mailto:nicholas.a.chou.mil@mail.mil)

Call: 614-336-4117