

## LinkedIn Post

What if one day could strengthen one of the most important relationships in your life?

On September 12, we're bringing together some of Utah's leading experts in relationships, communication, conflict resolution, parenting, intimacy, and family wellness for A Day For Us—a one-day conference designed to help couples and families thrive.

Featured speakers include:

- Matt Townsend
- Chad Ford
- Christy Kane
- And other respected relationship experts

Attendees will learn how to:

- ✓ Communicate more effectively
- ✓ Navigate conflict with confidence
- ✓ Strengthen emotional connection
- ✓ Build healthier family relationships
- ✓ Create lasting change at home

Whether you're newly married, raising children, navigating a busy season of life, or simply looking to invest more intentionally in your relationship, this event is for you.



September 12, 2026



Rocky Mountain University, Provo



Lunch Included

Early Bird Pricing is available now.

Learn more: [www.adayforusutah.com](http://www.adayforusutah.com)

#Relationships #Marriage #MentalHealth #UtahEvents #FamilyWellness #PersonalGrowth

## TikTok / Reel Voiceover Script

You know how most couples wait until things are really bad before they start working on their relationship?

What if you didn't?

That's exactly why we created A Day For Us.

It's a one-day relationship and family conference happening September 12 in Provo where you'll learn from experts like Matt Townsend, Chad Ford, Aimee Mortensen, Christy Kane, and others.

We're talking communication, conflict, parenting, intimacy, connection—the stuff that actually impacts your everyday life.

And honestly, one of my favorite parts is that Chad Ford has literally worked in international conflict resolution.

If he can help people navigate some of the world's toughest conflicts, imagine what you might learn for the disagreements happening at your kitchen table.

You'll get practical tools, great speakers, breakout sessions, lunch, and a day intentionally focused on investing in your relationship.

If you've been looking for a sign to spend a day working on your relationship instead of just surviving life together, this is it.

Check out [adayforusutah.com](http://adayforusutah.com) for details.

## Facebook

Calling all couples, parents, and relationship-builders in Utah County!

Would you or someone you know benefit from a day focused on stronger communication, healthier conflict, emotional connection, and practical relationship tools?


A Day For Us may be the perfect opportunity.

This one-day relationship and family conference features keynote speakers Matt Townsend, Chad Ford, and Christy Kane, along with breakout sessions designed to help couples and families strengthen connection at home.

Join us for:

- Practical relationship tools
- Expert-led workshops
- Breakout sessions
- Lunch included
- A meaningful day to invest in your relationship

 September 12, 2026

 Rocky Mountain University, Provo

 Early Bird tickets available now

Learn more at [www.adayforusutah.com](http://www.adayforusutah.com)





## Instagram

Looking for a meaningful way to invest in your relationship?

A Day For Us is a one-day relationship and family conference featuring keynote speakers Matt Townsend, Chad Ford, and Christy Kane.

Spend the day learning practical tools for:

- ✨ Better communication
- ✨ Healthier conflict
- ✨ Stronger connection
- ✨ Parenting as a team
- ✨ Building a more intentional relationship

-  September 12, 2026
-  Rocky Mountain University, Provo
-  Lunch included
-  Early Bird tickets available now

Learn more at [www adayforusutah.com](http://www adayforusutah.com)




#UtahCounty #UtahEvents #Marriage #Relationships #Couples #FamilyWellness #MentalHealth

## X / Threads

Calling all Utah couples 💕

A Day For Us is a one-day relationship & family conference featuring keynote speakers Matt Townsend, Chad Ford, and Christy Kane.

Learn practical tools for communication, conflict, connection, parenting, and relationship health.

-  Sept. 12
-  Provo
-  Lunch included

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