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**FamilyLife Co-Founder and Author Dr. Dennis Rainey Challenges Metroplex Couples to Celebrate Healthy Marriages this Valentine's Day**

*FamilyLife Weekend to Remember event to be held Feb. 13 – 15*

**DALLAS (Jan. XX, 2009)** – FamilyLife, the global, non-profit leader in marriage conferences, will present *Weekend to Remember* in Dallas on Feb. 13 – 15. The *Weekend to Remember* marriage conference aims to strengthen healthy marriages and heal troubled ones in an engaging, supportive and non-threatening environment. Speakers at the Dallas conference will include Dr. Dennis Rainey, president, CEO and co-founder of FamilyLife. The Valentine's Day weekend event marks Dr. Rainey's only scheduled *Weekend to Remember* appearance this year.

Dr. Rainey and his wife Barbara, who co-founded FamilyLife in 1976, have chosen to attend the Dallas conference because of volunteer and participant involvement and their strong commitment to strengthening marriages in the area. More than 600 volunteers assist with the FamilyLife ministry in Dallas, and since the city's first *Weekend to Remember* conference in 1982, attendance has increased by over 650 percent.

"Of the 100+ markets where FamilyLife hosts a Weekend to Remember, Dallas is by far one of our strongest markets. The DFW area has one of our largest radio audiences, and the Dallas Weekend to Remember conferences always draw some of the events' largest crowds," said Dr. Dennis Rainey, who hosts the nationally syndicated radio program *FamilyLife Today*. "We are so inspired by the Dallas community's commitment to family and marriage, and we are proud to be a part of it."

Valentine's Day weekend will kick off *Weekend to Remember's* 2009 series of more than 130 scheduled conferences across the US. The Dallas event is expected to be one of the largest events of the year, with more than 2,500 attendees anticipated. The conference is being held at the Gaylord Texan Resort (1501 Gaylord Trail in Grapevine) and will feature Dr. Dennis Rainey as well as three other key speakers.

"While this conference can assist those couples looking for an overhaul, it's also a positive way to impact and fine-tune all marriages," said Dr. Rainey. "We live in stressful, distracting times, and amid the blur of modern life it becomes alarmingly easy for couples to grow apart. That's why it's critical to strengthen your connection before the gap between you grows too wide. We developed the *Weekend to Remember* program to do just that: help couples enhance and strengthen their marital bonds."

Since marrying in 1972, the Rainey's have been devoted to supporting families by strengthening marriages. They have also co-written eight books on relationships and family issues, including the best-selling *Moments with You*, *Building Your Mate's Self-Esteem*, *Pressure Proof Your Marriage* and *Rekindling the Romance*. Dr. Dennis Rainey graduated from Dallas Theological Seminary with a Masters in biblical studies.

"If more than 30 years of marriage have taught me anything, it's that you can really never stop working on your relationship – both struggling *and* healthy marriages require constant effort," said Barbara Rainey, co-founder of FamilyLife and best-selling author. "It's amazing how quickly complacency can lead to neglect. *Weekend to Remember* conferences are so beneficial because they provide practical and accessible ways to remind couples why they got married in the first place, so they can reignite that spark and maintain its glow."

Couples interested in more information or registering for an upcoming FamilyLife *Weekend to Remember* conference can visit [www.familylife.com/weekend](http://www.familylife.com/weekend) or call 1-800-FLTODAY (1-800-358-6329). To donate to FamilyLife, a 501c3 non-profit organization that assists couples in Dallas and around the world build healthier marriages and families, please visit [www.familylife.com](http://www.familylife.com).

**About FamilyLife**

For more than three decades FamilyLife, a global non-profit organization co-founded by Dr. Dennis and Barbara Rainey, has focused on the mission of using practical, biblical principles to build healthier marriages and families through conferences and media channels. FamilyLife, a 501c3, works in 100 countries around the world to help to transform lives and restore hope through its *Weekend to Remember* marriage conferences, *Homebuilders* Bible studies, *FamilyLife Today* radio broadcasts, *Hope for Orphans* orphan care ministry, FamilyLife publications, and the internet. For more information visit FamilyLife.com.