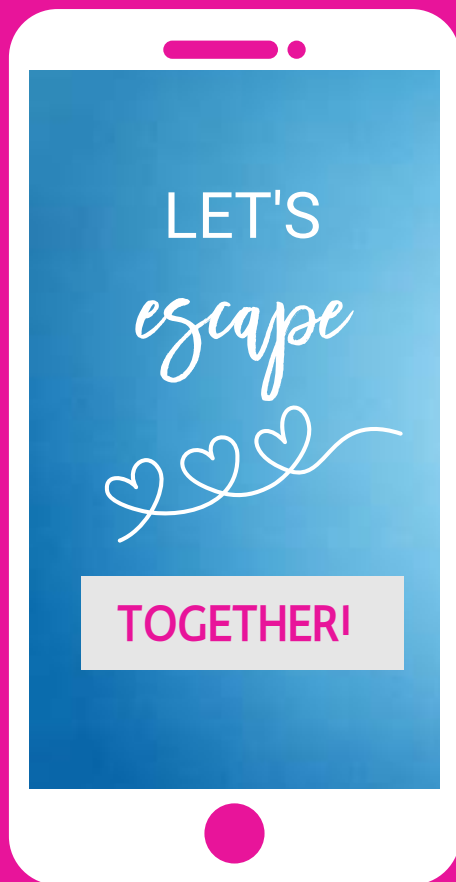
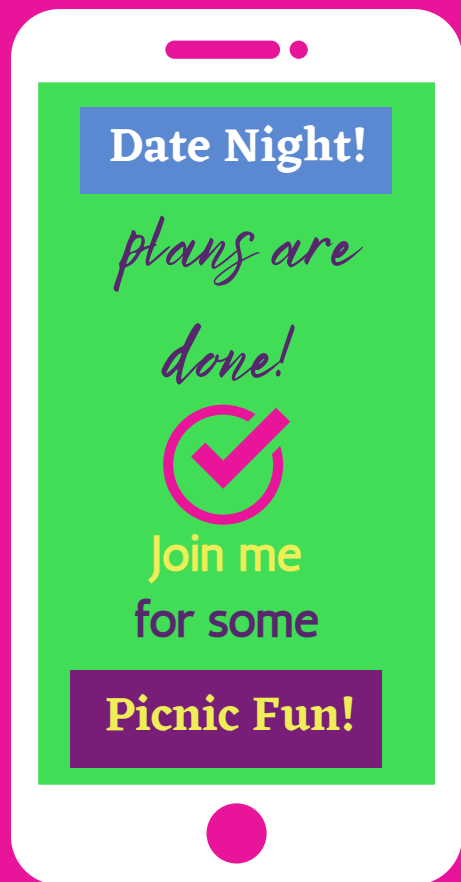


BARIATRIC SUPPORT GROUP

 Sponsor: ProCare Health

20

date night ideas



\$-\$\$ DATE

dinner & movie

Date Night Costs

- \$ Less than \$10
- \$\$ Cost double digits
- \$\$\$ Cost triple digits



MAKE YOUR OWN FUN! FIX DINNER TOGETHER AND END WITH A MOVIE AT HOME. THE DINNER GIVES YOU THE CHANCE TO GET TO KNOW EACH OTHER OR SPEND SOME QUIET TIME TO TALK AND CREATE MEMORIES. THE MOVIE PROVIDES ENTERTAINMENT AND A GREAT CONVERSATION PIECE. PLUS IT'S INEXPENSIVE!



NO COST DATE

walk in nature



GO FOR A WALK IN NATURE. IDEAS INCLUDE: WALK BY THE OCEAN , IN THE MOUNTAINS, OR SIMPLY IN A NEARBY PARK.



\$-\$\$\$ DATE *trip to the Zoo*



WHETHER IT'S YOUR FIRST, TENTH, OR MILLIONITH DATE, ZOOS ARE A GREAT WAY TO SPICE THINGS UP IN A FUN, RELAXED, AND BEAUTIFUL ENVIRONMENT. NO MATTER THE COUPLE, ZOOS ARE VARIED ENOUGH TO KEEP THINGS CAPTIVATING AND PROVIDE A LITTLE SOMETHING FOR EVERYONE.



NO COST-\$\$\$\$ DATE

star gazing



STARGAZING CAN MAKE FOR A FANTASTIC DATE NIGHT! IT TAKES SOME PLANNING AND GOOD TIMING. YOU'LL NEED TO CHOOSE A COMFORTABLE SPOT, WAIT FOR CLEAR SKIES, AND MOST LIKELY BRING SOME FOOD AND BLANKETS. YOU CAN BRING ALONG A TELESCOPE AND STAR MAP FOR EXTRA FUN!



\$-\$\$\$ DATE

diy project



STRENGTHENING YOUR COLLABORATION SKILLS WHILE CREATING SOMETHING COOL AND CRAFTY TOGETHER GETS TOP MARKS IN OUR BOOKS. COUPLES WHO WORK TOGETHER AS A TEAM CAN STRENGTHEN THEIR RELATIONSHIP AND HAVE LOADS OF FUN ALONG THE WAY.



\$ DATE

sit by a campfire



IT HAS THE BEST OF EVERYTHING—IT'S WARM, IT HAS THAT CLASSIC CAMPFIRE SMELL, IT IS A BEYOND PERFECT OPPORTUNITY TO SPEND QUALITY TIME, IT LETS YOU STEP AWAY FROM THE STRESSES OF LIFE THAT GET OUR PRIORITIES OUT OF WHACK, AND IT DOESN'T COST MUCH.



\$-\$\$\$ DATE

canoe or kayak together



MORE FOR A DAY DATE. WHETHER YOU CANOE OR KAYAK -IT'S A GREAT OUTDOORSY DATE IDEA FOR ANY COUPLES WHO LOVE TO GET OUTSIDE TOGETHER AND WANT TO EXPLORE!



\$-\$\$\$ DATE

horseback riding



HORSEBACK RIDING TRAILS CAN COMBINE TWO OF THE MOST FUN AND CREATIVE DATE IDEAS – HORSEBACK RIDING AND PICNICING. IT IS PERFECTLY ROMANTIC FOR ANY COUPLE, WHETHER YOU ARE ENJOYING YOUR FIRST DATE OR ARE CELEBRATING MANY YEARS OF LOVE TOGETHER.



\$\$-\$\$\$ DATE

progressive dinner



THE WAY A TRADITIONAL PROGRESSIVE DINNER WORKS IS THAT YOU HAVE A 3 OR 4 COURSE MEAL THAT IS SPREAD OUT OVER THE COURSE OF THE NIGHT. THE CATCH IS, WITH A PROGRESSIVE PARTY, YOU DON'T EAT THE MEAL ALL IN ONE PLACE. EACH COURSE IS SERVED AT SOMEONE ELSE'S HOME.



\$\$\$ DATE

balloon ride



HOT AIR BALLOONING IS ONE OF THE OLDEST AND MOST TRANQUIL FORMS OF AIR TRANSPORTATION IN THE WORLD AND ONE OF THE MOST ROMANTIC WAYS TO FLY. IT IS BOTH TRANQUIL AND EXCITING!



\$\$\$ DATE *night in Vegas*



GIVEN THAT IT'S THE CITY OF LIGHTS, THERE ARE LOTS OF AMAZING THINGS TO DO IN LAS VEGAS AS A COUPLE. THE GLITZY AND BUSTLING CASINOS TAKE ON A DREAMY VIBE AT NIGHT, AND THERE ARE LOTS OF ROMANTIC PLACES TO GO!



\$\$\$-\$\$\$\$ DATE

eat at new restaurant



FOOD HAS BEEN A MAJOR ELEMENT IN ROMANCE SINCE THE DAWN OF HUMAN EXISTENCE. THE DINNER DATE REPRESENTS A SIGNIFICANT STEP IN THE POTENTIAL RELATIONSHIP. BUT IT ALSO DOESN'T HAVE TO BE ALL ABOUT THE FOOD - ENJOY EACH OTHER'S COMPANY AND ALL THE AMBIANCE.



\$\$-\$\$\$ DATE

stay at bed & breakfast



TAKE TIME AWAY FROM YOUR BUSY SCHEDULE AND GET OUT OF THE DAY TO DAY RUT. ALONE TIME CAN SPARK SOME ROMANCE AND GIVE YOU THE TIME TO FOCUS ON YOUR RELATIONSHIP.



\$-\$\$\$ DATE

go shopping



IT'S IMPORTANT TO NOT TAKE THE DAY TOO SERIOUSLY, ENJOY SPENDING THAT TIME TOGETHER AND GET CREATIVE WITH WHATEVER IT IS YOU'RE SEARCHING FOR.



\$-\$\$\$ DATE

take a class together



TAKE TIME TO LEARN SOMETHING NEW TOGETHER. SOME IDEAS FOR CLASSES INCLUDE: DOING SOMETHING ARTISTIC, COOKING, DANCING, MEDITATION, LEARNING A NEW LANGUAGE, AND GARDENING.



\$\$-\$\$\$ DATE

concert or music festival



PICK SOME MUSIC YOU BOTH ENJOY. GOING TO A CONCERT OR MUSICAL FESTIVAL ALLOWS YOU TO CONNECT, SHARE A NEW EXPERIENCE. PLUS IS DANCING IS A GREAT WAY TO GET CLOSE!



\$\$-\$\$\$ DATE

watch a comedy show



LAUGHTER IS THE BEST MEDICINE. COMEDY SHOWS ARE A GREAT CONVERSATION STARTER, PLUS THE SHOW WILL ALLOW YOU TO FIGURE OUT YOUR DATE'S VALUES, BELIEFS, AND MORALS, WHICH ARE ALL GREAT FACTORS INTO MAKING A PERFECT MATCH WITH THAT SPECIAL SOMEONE.



\$\$\$ DATE

go on riverboat cruise



TAKE A CRUISE TO UNWIND FROM A LONG WORK WEEK. SIT BACK AND RELAX ON BOARD IN A BEAUTIFUL BALLROOM WHILE THE RIVERBOAT SLOWLY GLIDES DOWN THE RIVER. SOME RIDES INCLUDE DINNER!



\$\$-\$\$\$ DATE

double date



DOUBLE DATES ARE GREAT FOR FIRST DATES AND EVEN PERFECT FOR THOSE WHO HAVE BEEN IN A RELATIONSHIP FOR A LONG TIME AND WANT TO SWITCH IT UP AND ADD SOME SPICE AND NEW CONVERSATION.



\$-\$\$\$\$ DATE

photo shoot together



WHETHER IT'S A FEW SELFIE PICS OR HIRING A PHOTOGRAPHER,
CAPTURING PRICELESS MOMENTS CAN BE FUN AND EXCITING!



WHAT IS YOUR DREAM DATE NIGHT?

send us your own pics!



WE'D LOVE TO SHARE YOUR IDEAS! LET US KNOW WHAT YOUR DREAM DATE IS!
WE'D LOVE TO SEE PICTURES - SEND TO:
MARKETING@PROCARENOW.COM

