

Arammu partners with Canyon Ranch; Boston-based firm pioneers concept of relationship checkups

The idea of using "relationship checkups" is good for both business and personal applications.

BOSTON, MA, USA, December 3, 2018 /EINPresswire.com/ -- Arammu (<http://arammu.com>), a Massachusetts firm which has pioneered and brought to market a unique Relationship Checkup program for use in both personal and business relationships, announced today that it has partnered with Canyon Ranch (<http://canyonranch.org>), with [locations in Lenox, MA](#), and Tucson, AZ, to offer this new service to the spa's clientele.

Arammu President Dr. James Cordova said that the popular wellness spa is the first in the nation to include the "Relationship Checkup" service, which provides a proactive relationship to relationship healthcare.

Cordova said that the program, created from of 20+ [years of empirical research](#) conducted by Clark University in

Worcester, MA, is modeled on the belief that relationship healthcare needs to be treated in a proactive, rather than reactive, manner. "In most components of healthcare treatment, the proactive approach is the recommended outcome. People go to their physicians for annual checkups, as they do with their dentists, with the goal of identifying issues and addressing them before they become larger and more problematic," he said. He continued, "The Relationship Checkup' program does for relationships, whether they are of a personal nature or corporate, what the annual checkup does for a person's health."

The Relationship Checkup includes a proprietary online survey, followed by a one-hour assessment with Arammu's hand-picked network of [trained consultants](#), which is then followed by a detailed feedback report specifically tailored to the individual's relationship.

"What better additional service for a wellness center to offer its clientele than a chance to do a check-in on how their relationship is progressing," Cordova said, noting that the program has been tested and utilized already by the U.S. military. He said that the check-ins have been proven to boost key relationship metrics.

The Relationship Checkup is a brief evidence-based intervention that identifies a relationship's strengths, weaknesses, and areas of concern; and provides useful and specific suggestions to move towards deeper understanding, connection, and practical solutions for potential issues. Couples who have participated in the checkup report higher levels of relationship satisfaction, intimacy, acceptance, and healthier communication; and lower levels of divorce, depression, relationship distress and conflict communication.



Dr. James Cordova, President of Arammu



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Cordova noted that Canyon Ranch is famous for taking a proactive and preventative approach to wellness offering such programs as Yoga, Reiki, Meditation, Acupuncture, and more.

About Arammu, Inc.

Arammu is a pro-active relationship healthcare company that offers proactive monthly checkups for both personal and professional relationships. These checkups have been proven to reduce stress, improve general health, increase employee attendance and productivity, as well as provide a myriad of other benefits. Checkups are available as an employee wellness benefit or for purchase directly from Arammu’s website, www.arammu.com. Arammu is located at 48 Cedar Street, Worcester, MA 01609. For more

information, please call (508) 612-0426.

Jim Farrell

PR First

[email us here](#)

+1 781-681-6616

Visit us on social media:

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