

Get Better Together



A **FREE** six week program
for living better with ongoing
health conditions.

learn to manage pain

set and meet goals

start exercise program

deal with fatigue

increase energy levels

Skills to Cope. Support to Thrive.

Gilbert Plains—EMS Garage Boardroom	Sept 17-Oct 22	Tuesdays 6:30 pm-9pm
Brandon—Sportsplex	Sept 25 - Oct 30	Wednesdays 6pm - 8:30pm
Baldur Health Centre – Boardroom	Oct 2 - Nov 6	Wednesdays 6pm - 8:30pm
Minnedosa Health Centre - Boardroom	Oct 16 - Nov 20	Wednesdays 6pm - 8:30pm

To register for a GBT Community Program

Call **1-877-509-7852**

Registration is Required!

