

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.

GBT is available both On-line and In-person this Fall!

On-Line Virtual Program Using Microsoft Teams	Aug 24 –Sept 28	Wednesdays 9:30 - 11:30am
In-Person 7th Street Health Access Centre Community Kitchen 20 - 7th Street Brandon	Sept 15 - Oct 20	Thursdays 1:30 - 4pm
On-Line Virtual Program Using Microsoft Teams	Oct 26—Nov 30	Wednesdays 9:30—11:30am

To register for any of the GBT Programs e-mail
rcullen@pmh-mb.ca or call **1-877-509-7852**



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*



PRAIRIE MOUNTAIN HEALTH