

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 Winter!

On-Line Virtual Program Using Microsoft Teams	Jan 24 –Feb 28 <i>evening program</i>	Tuesdays 6:30 - 8:30pm
In-Person Program Neepawa Salvation Army Thrift Store - Boardroom 342 Mountain Ave - Neepawa	Feb 6 - March 13 <i>afternoon program</i>	Mondays 1:30 - 4:00 pm
In-Person Program Killarney Shamrock Centre	Feb 14 - March 21 <i>afternoon program</i>	Tuesdays 1:30 - 4:00pm

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

