

# 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.**

**Get Better Together is now available  
through Zoom!**

**DATE:** Tuesdays Jan 18th – Feb 22nd, 2022

**TIME:** 1:30 - 4:00pm (afternoon program)

You will need Internet access and a Google Chrome  
browser to join our Zoom program.

To Register email: [rcullen@pmh-mb.ca](mailto:rcullen@pmh-mb.ca) or

Call **1-204-523-3246** or toll-free **1-877-509-7852**

***Registration is Required!***

