

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: Wednesdays July 14 – Aug 18, 2021

TIME: 10:00am - Noon (morning program)

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

To Register email: rcullen@pmh-mb.ca or

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

Registration is Required!

