

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 Virtual Program using TEAMS!

Start Date Postponed 1 week!

DATE: Tuesdays Sept 26th – Oct 30th, 2023

(the 6th session will be on Monday, Oct 30th to avoid Halloween activities)

TIME: 6:30 - 8:30pm

To register call toll-free **1-877-509-7852**

or e-mail rcullen@pmh-mb.ca

Registration is Required!

