

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!

Healthy Living Centre - Brandon Basement Classroom In Person	Jan 14 - Feb 18, 2025	Tuesday Afternoons 1:30 - 4:00pm
<i>Sioux Valley First Nation Health Centre Classroom In Person</i>	Jan 20 - March 3, 2025 <i>(No class Feb 17 stat)</i>	Monday Afternoons 1:30 - 4pm
Virtual On-line Using Microsoft Teams	Jan 21- Feb 26, 2025	Tuesday Afternoons 1:30 - 4pm

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

