

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.

The Get Better Together Program ***New Date!!***

DATE: Tuesdays May 12th – June 16th, 2026

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

LOCATION: Knox United Church - Brandon

451 corner of 18th Street and Victoria

For more info or to register e-mail rcullen@pmh-mb.ca

Or call toll-free **1-877-509-7852**

Registration is Required!

Brought to you in partnership with the Knox United Church

