

# 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!

In-person Brandon Town Centre - Public Health Office	Sept 5 - Oct 10, 2024	Thursdays 1:30– 4pm
In-person Virден Health Centre –Hospital Boardroom	Sept 10 - Oct 15, 2024	Tuesdays 6:30 - 9pm
Virtual - (On-line) <i>Using Microsoft Teams</i>	Sept 10 - Oct 15, 2024	Tuesdays 6:30 - 9pm

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

