

# 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 Program Offered Virtual

**May 15th - June 19th, 2025**

**Thursday Evenings from 6:30 - 9:00pm**

*Registration is Required*

To register or get on the call list  
to be notified of GBT Programs

e-mail [rcullen@pmh-mb.ca](mailto:rcullen@pmh-mb.ca) or call **1-877-509-7852**

