

Get Better Together

A FREE six week program for living better with ongoing health conditions

Get Better Together is coming to...

BIRTLE Health Centre: Oct 2nd – Nov 6th, 2018
(Tuesdays from 6:00 – 8:30pm)

WINNIPEGOSIS & District Health Centre: Oct 16th – Nov 27th, 2018
(Tuesdays from 6:00 – 8:30pm)

To register for a GBT community program
please call **1-877-509-7852**



ONLINE PROGRAM

Get Better Together is also available
on-line!

Next on-line program is starting

September 17th, 2018

Contact Amy: ayonda@sogh.mb.ca

Learn to manage pain Deal with fatigue

Increase energy levels

Start exercise program Set and meet goals

Solve problems and make better choices



PRAIRIE MOUNTAIN HEALTH

