

A Diagnosis Changed My Life ... Now It's My Turn.

I Always Kept Track of My Health ...

Now I'm Taking Charge of It.



Health Issues **Used to Control** Our Lives... Now We Do.



Get Better Together

Skills to Cope. Support to Thrive.



getbettertogether.ca

Join hundreds of Manitobans

gbt@wellnessinstitute.ca

or 204-632-3927

who've started living better with their health issues through fully-funded online

or group Get Better Together workshops:

Get Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities

Get added support for any health condition at our next workshop: