



**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**

Join hundreds of Manitobans
who've started living better with their
health issues through fully-funded online
or group Get Better Together workshops:
gbt@wellnessinstitute.ca
or 204-632-3927

Skills to Cope. Support to Thrive.

getbettertogether.ca

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