

## 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.

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

getbettertogether.ca

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

3et Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities