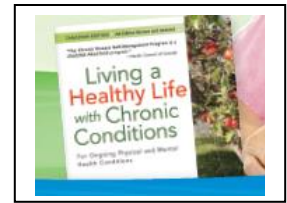


# Get Better Together Program

## Skills to Cope. Support to Thrive.



Submitted By: Russell Thorne - Community Health Developer for Northern Health Region

Are you sick and tired of feeling sick and tired? Then, join hundreds of Manitobans who've decided to Get Better Together!

Get Better Together is a FREE 6-week program for anyone living with a heart condition, diabetes, arthritis, depression, chronic back pain or **ANY** other ongoing health problem. If you can say **YES** to any of the following questions, then Get Better Together is really for you:

- Would you like to feel better and healthier?
- Do you have pain or feel tired and frustrated?
- Would you like to learn how to better manage the symptoms that trouble you most?
- Would you like to be able to do more of the things you enjoy?
- Would you like to be able to communicate better with your doctor?
- Would you like to learn from others who also have on-going health problems?

**Get Better Together** is led by others who are living with health issues who understand the challenges of managing symptoms, medications and health care needs. In just six weeks you can build your confidence to manage better through group support and discussion on the following topics: physical activity, healthy eating, better breathing, muscle relaxation, managing pain and fatigue, communication and problem solving, action planning, medication use, working with healthcare and more.

Graduates of past **Get Better Together** programs have said:

*"It has helped me. I now know that I can deal with everything going on in my life, just differently and better."*

*"Lifestyle changes are hard enough to change when healthy, this group helped change those in the most severe season of my illness."*

Get Better Together is based on program model developed by Stanford University. Those who have participated in the program reported fewer days spent in hospital, more healthy behaviors and overall better health with changes lasting well beyond the program.

**To find out more about the upcoming Get Better Together Program to begin in The Pas on Oct 2<sup>nd</sup>, 2019 call Russell Thorne at 204-627-6419 or e-mail [rthorne@nrha.ca](mailto:rthorne@nrha.ca)**

