



**I Got Sick
of Feeling Sick
and Tired ...**

**Now I Feel
Like Me.**

**Get skills to cope and
support to thrive now.**

**Take control of your health
and build your confidence
to manage better with a free
Get Better Together Digital
Workshop.**

**Get Better
Together**

Skills to Cope. Support to Thrive.

getbettertogether.ca

**Get support for any health condition
at our next digital workshop:**