

Are you sick and tired of feeling sick and tired?  
Join the hundreds of Manitobans who've  
decided to Get Better Together!

**Our participants say:**

*“ My doctor asked me what I had done recently that changed my attitude toward my diabetes. I told her about this program, and she wants to promote it to her other patients! ”*

*“ This program helped me out of a depressed slump I was in. Everyone is shocked to see how well I'm doing now. ”*

*“ I think this program is great for everybody that has some kind of illness. ”*



For details about health benefits and research behind the workshops, see the back.

[getbettertogether.ca](http://getbettertogether.ca)

**The Stanford Model**

Get Better Together is based on a program model developed by the Patient Education Research Centre at Stanford University. Those who've participated in the Stanford program reported fewer days spent in hospital, more healthy behaviours and overall better health status with changes lasting well beyond the program.

**Get Better Together in Manitoba**

Get Better Together is coordinated by the Wellness Institute and workshops are held at sites across Manitoba.

**Get Better Together, Wellness Institute office:**  
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**phone:** 204-632-3927

**thewellness**  
Institute

Powered by Seven Oaks General Hospital

**Get Better Together**

for living better with health issues

Supported by  
Manitoba Health, Seniors  
and Active Living and  
Regional Health Authorities

[getbettertogether.ca](http://getbettertogether.ca)



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

**I Got Sick of  
Feeling Sick  
and Tired ...  
Now I Feel  
Like Me.**



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

**Get Better Together**

Skills to Cope. Support to Thrive.

Workshops are led by others 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 of the following topics:

### Session 1

- Differences between acute and chronic conditions
- Using your mind to manage symptoms
- Making action plans

### Session 2

- Dealing with difficult emotions
- Introducing physical activity

### Session 3

- Better breathing techniques
- Muscle relaxation
- Managing pain and fatigue

### Session 4

- Healthy eating
- Future plans for health care
- Communication and problem-solving

### Session 5

- Medication use
- Making treatment decisions
- Depression management, positive thinking and guided imagery

### Session 6

- Working with healthcare
- Looking back and planning for the future

## Is It Right For Me?

Get Better Together is suitable for people with a range of health conditions as an added support for you:

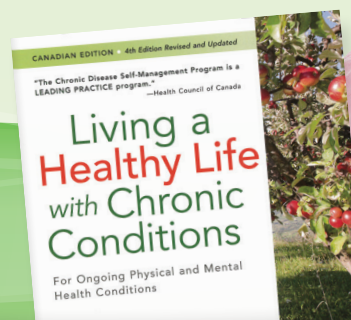
Arthritis, Asthma, Diabetes, Cancer, Lupus, Chronic Pain, Stroke, Osteoporosis, Hepatitis, Heart Disease, High Blood Pressure, Anxiety, Depression, Parkinson's Disease, Fibromyalgia, Chronic Fatigue Syndrome, Kidney Disease, COPD and other health issues ...

## How Do I Register?

To Get Better Together:

Participate in a group at locations across Manitoba. Call 204-632-3927 or email [gbt@wellnessinstitute.ca](mailto:gbt@wellnessinstitute.ca) for details.

Workshops are funded, so you (and any support person you choose) attend FREE. In addition to the free sessions, you get the book *Living a Healthy Life with Chronic Conditions* as a guide.



# Get Better Together

[getbettertogether.ca](http://getbettertogether.ca)

Call us at **204.632.3927** to register

## Help Others Get Better Together

Train to be a volunteer leader and receive an honourarium for your work. Call 204-632-3922 to ask about free leader training.