



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

Are you sick and tired  
of feeling sick and tired?  
Join hundreds of Manitobans  
who've decided to start living  
better with their health issues  
through online or group  
Get Better Together  
workshops.

## Get Better Together

Fully-funded workshops are held  
across Manitoba. Get details at:  
[gbt@wellnessinstitute.ca](mailto:gbt@wellnessinstitute.ca)  
or 204-632-3927

Skills to Cope. Support to Thrive.

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

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