Get Better Together…ONLINE

Are you living with an ongoing health condition like arthritis, diabetes, heart disease, chronic pain or anxiety? If so, you may have heard that the Get Better Together program can help. If you are not able to attend this program in a nearby community, the online workshop may be for you!

All you need is access to an Internet connection for up to two hours per week. The workshop is held entirely online on a secure website. Sessions are posted each week for six weeks. This way you can participate 2-3 times a week, when it’s convenient for you.

Communication takes place by email and on the website message boards which are monitored by workshop leaders. These leaders understand the challenges of ongoing conditions.

Online workshop participants also receive the book, *Living a Healthy Life with Chronic Conditions*, through the mail.

Improve your health and your life by getting support from Get Better Together!

Location: Anywhere you have internet access! Maybe it’s on your commute, if someone else is driving. 😊 Maybe it’s at your library. Or maybe it’s from your kitchen table or even your bed!

There is no charge to participants. Register at [getbettertogether.ca](http://getbettertogether.ca). For more details, call 204-632-3927 or email [gbt@wellnessinstitute.ca](mailto:gbt@wellnessinstitute.ca)
Workshops are for adults living in Manitoba. Get Better Together Online is managed by the Wellness Institute at Seven Oaks General Hospital and supported by Manitoba Health.

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