



Get Better Together

Living Well with Chronic Health Issues

Developed by Stanford University, Get Better Together is a wellness program led by peers living with a chronic health condition or supporting someone with a chronic condition. You'll develop the tools to understand your condition, manage your symptoms, and lead a healthier life. Visit our website to learn about the topics covered each week.

Munroe Library

489 London St.

Thursdays: 1-3:30 p.m.

November 6-December 11



Free. To register, phone, visit, or go online at winnipeg.ca/library

Skills to Cope. Support to Thrive.

getbettertogether.ca

thewellness
Institute



Get Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities