

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

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 as well as online.

For more information and to register call 204-870-2813 or email gbt@southernhealth.ca.

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*Please register **regardless** if a class is scheduled in your community to help us plan locations for spring and fall. Sessions will be posted on www.southernhealth.ca.



Powered by Seven Oaks General Hospital

Get Better Together

for living better with health issues

Supported by Manitoba Health and Regional Health Authorities

getbettertogether.ca



A Diagnosis Changed My Life ...

Now It's My Turn.



I Always Kept Track of My Health ...

Now I'm Taking Charge of It.



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 your:

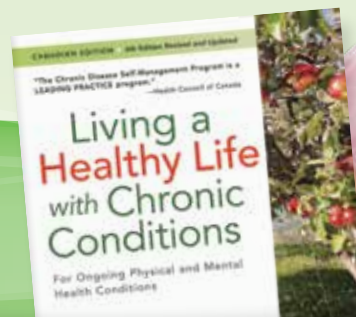
Arthritis, Asthma, Diabetes, Cancer, Lupus, Chronic Pain, Stroke, Osteoporosis, Hepatitis, Heart Disease, High Blood Pressure, Anxiety, Depression, Parkinson's Disease, Fibromyalgia, Chronic Fatigue Syndrome, Kidney Disease, COPD and other health issues ...

How Do I Register?

There are two ways to Get Better Together:

- 1 Participate in a group at locations across Manitoba. Call 204-632-3927 or email gbt@wellnessinstitute.ca for details.
- 2 Participate entirely online on your time and schedule through our secure website. Visit getbettertogether.ca and click the link to GBT Online.

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

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.

Call us at 204.632.3927 to register