



I Got Sick of Feeling Sick and Tired...

Now I Feel Like Me.

Get skills to cope and
support to thrive now.

Take control of your health
and build your confidence
to manage better with a free
Get Better Together Digital
Workshop.

Get Better Together

You need Internet access and
a Google Chrome browser to join our
Zoom digital workshop. Get details at:

dziemanski@sogh.mb.ca

or 204-632-3922

Skills to Cope. Support to Thrive.

getbettertogether.ca

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