



Get Better Together Now being offered ONLINE!

For the first time ever, **Get Better Together**, a peer support program for people with chronic health conditions, will be offered online by the local health authority, along with a number of other health and wellness classes. All classes are free.

“In our new world of adjusting to living with COVID-19 and focusing on the Public Health fundamentals, we need to be able to still offer health programs and services, but in a way that is safe to do so,” said Shannon Montgomery Regional Director Public Health and Community Wellness.

“We’ve had to change a number of the ways that we do things. We know there is still a need for these supports, but we also know that we need to offer them in a way that makes sense, both for the individual, and the community.”

“This fall marks the first time we have offered our programs on-line”, said Community Wellness Facilitator and Wellness Newsletter lead, Jan Keryluk. “We started in October with our **Intro to Relaxation Series**, which consisted of three 1 hour sessions on practical strategies for stress management, as well as another three session class called **Intro to Exercise**.”

In the New Year, there are more options lined up, including: **Commit to Quit**, a program to aid those looking for information and support in quitting or cutting down on tobacco use, **Craving Change**, a program to help understand why we eat the way we do and how to change unhealthy habits, and **Get Better Together**, a support program for people living with chronic health conditions. Each of these programs is offered once a week, for a set number of classes.

“I’m thrilled that we can now offer **Get Better Together** online,” said Caroline McIntosh, regional lead for the program. “Peer support is so helpful for people who cope with ongoing health conditions. Since we can’t meet in person, online is a great way offer classes. People get the support they need, while still being “COVID-careful.””

Classes are open to anyone to attend. All you need is a digital device (laptop, tablet or cell phone), internet, and an easy-to-download software program called, “MS Teams”. All classes are confidential; participants are asked to commit to being in a private room when participating in the program and to respect confidentiality with information that is shared in the group.

For more information on any of these programs, please go to <https://www.ierha.ca/default.aspx?cid=6131&lang=1>. (Or go to www.ierha.ca and click on Care in Your Community/ Community Wellness Team/ Free Classes).

Registering is easy! **Call Toll Free 1-877-979-WELL (9355) or email wellness@ierha.ca.**

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