



# NEWS RELEASE

**FOR IMMEDIATE RELEASE**

**February 5, 2009**

## **Get Better Together set to go again in Parkland**

**Dauphin-** The Parkland Regional Health Authority (PRHA) is once again offering a localized program aimed at helping people to better manage ongoing health problems. *Get Better Together* is a self-management program for people with any ongoing condition- from Type 2 diabetes, heart disease, arthritis and chronic pain- to Parkinson's, asthma, depression and cancer. Frequently, participants are coping with more than one condition and just 'sick and tired of being sick and tired.'

The initial phase of the program involves a regional volunteer training workshop which begins later this month in Dauphin. This is a very important part of the program as the volunteer peer leaders themselves are coping with chronic conditions. The Regional training workshop will be held February 26/27 and March 5/6 at Parkland Crossing's Multi-Purpose Room in Dauphin. The training workshops are free of charge and volunteers receive an honorarium for sessions they help deliver.

When the *Get Better Together Program* officially gets underway in March 2009, 2½-hour workshops will be delivered once a week, for six weeks. This year the sessions will be held in Grandview and Swan River. During these sessions, people with chronic conditions discuss solutions for frustration, fatigue, pain and isolation, effective communication with health professionals and appropriate exercise and nutrition.

Virginia Cail, PRHA Chronic Disease Program Specialist, says '*Get Better Together*' isn't a substitute for treatment, rather, it is intended to support self-management so participants can improve their own lives.

"We're once again excited to host the program in Parkland because we know there are many people with chronic conditions visiting their doctors and showing up at our hospitals that could use some help to do what they can to be healthier on their own," Cail stated.

"In 2007, with support from Seven Oaks General Hospital and the Wellness Institute, we piloted sessions in McCreary and Dauphin. Our subsequent evaluation process confirmed the documented benefits of the program and we identified opportunities to enhance the program in order for us to hold it again this year."

If you are thinking of developing additional skills to manage your chronic health condition, please contact the PRHA at **638-2118** or call Toll Free at **1-800-259-7541**.

For more information,  
contact the office of the  
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