

escape pain

Do you have knee or hip pain?

Join our ESCAPE-pain class, meet other people living with osteoarthritis and learn:

- Information and simple ways to better manage knee and/or hip pain
- A gentle, individualised exercise programme that matches your needs and pace

CLASS DETAILS

Venue: Torbay Leisure Centre

Day / Dates: Every Tuesday 12:00 - 13:00 & Friday 11:00 - 12:00 For 6 weeks, commencing 19/02/19

HOW DO I SIGN UP?

Phone 01803 522240 and ask for Chris Wilkey for more information.