

# escape pain

## Do you have knee or hip pain?

Join our ESCAPE-pain class, meet other people living with arthritis 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

The Windmill Community Centre Ryegrass Lane  
REDDITCH B97 5YE

#### Day

Mondays 2.15pm and Thursdays 2pm

#### Cost

£3.30 each 1 hour session

#### Starting

Monday 14<sup>th</sup> January 2019

### HOW DO I SIGN UP?

Contact Hayley Gwilliam – Redditch Borough Council

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