

# 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:** Romsey Rapids Sports Complex

**Day/ Dates:** Tuesday and Thursdays starting 1<sup>st</sup> October (twice a week for 6 weeks)

**Time:** 1:30pm-2:30pm

**Venue:** Andover Leisure Centre

**Day/ Dates:** Wednesday and Fridays starting 2<sup>nd</sup> October (twice a week for 6 weeks)

**Times:** Wednesdays - 9:30am-10:30am

Fridays – 10:30am – 11:30am

### HOW DO I SIGN UP?

Speak to your GP or Physio to be referred.

For general enquiries please email [exercisereferralromseyrapids@pfpleisure.org](mailto:exercisereferralromseyrapids@pfpleisure.org)

escape pain  
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