

## escape pain

*"I have benefited 100% from the class. My knee is much improved and I have a training programme to help me with the rest of my life"*



**ESCAPE-pain is a rehabilitation programme for people with chronic hip and knee joint pain over the age of 55.**

**When?** Thursday 7th March 2019 for 6 weeks. Then every Thursday 2.30pm to 4pm and Saturday 9.30am to 11am

**Where?** Bilton Health and Well Being Hub, 69 Bilton Lane, Harrogate, HG1 3DT

**Cost?** £30.00



**Contact North Yorkshire Sport on 01423 226303**