

# escape pain

## Do you have knee or hip pain?

Join our FREE ESCAPE-pain class, meet other people living with arthritis. The course will cover:-

- Education on ways to manage knee and/or hip pain
- A gentle, low impact exercise class that matches your needs and ability

### CLASS DETAILS

**Venue:** Fairfield Leisure, Lowfield Street,  
Dartford DA1 1JB

**Time:** Every Tuesday & Friday 2.00pm-3.00pm

**Starts:** - Tuesday 9<sup>th</sup> of January 2018

### HOW DO I SIGN UP?

You will need to be assessed by our Health Team prior to entry

Email: - [Naomicoupland@pfpleisure.org](mailto:Naomicoupland@pfpleisure.org)

Contact: - Health & Wellness Team on 01322421166 Option 5