

# Do you have knee or hip pain?

# Are you aged 45+?

## escape pain

- **FREE** group exercise programme for people to manage knee and hip osteoarthritis and become more active
- All classes take place twice a week for a 6-week period - groups start and end together
- Variety of locations across Newcastle and Gateshead

“I am now able to get in and out of the car and chairs with ease, and for this I cannot praise the TIMS team enough.”

“In the last 10 months I have gone from being unable to walk for more than 20 minutes without pain to understanding my condition, and recently completed a two-hour walk whilst on holiday.”

### ESCAPE-pain can help you:

Carry out normal activities



Manage your symptoms



Become more active



Continue to exercise



Contact: Tyneside Integrated Musculoskeletal Service (TIMS)

0191 445 2643 | [www.tims.nhs.uk/escape-pain](http://www.tims.nhs.uk/escape-pain)

App available for iOS and Android

