



Brunel Fitness Centre
Speedwell Road
Bristol BS15 1NU

ESCAPE Pain

1.

This is a GP referred program that aims to increase your ability and understanding on how to manage chronic joint pain.

2.

This program will result in you becoming more active, being able to manage your symptoms, comfortably carry out normal daily activities, and allow you to continue to exercise!

3.

This program consists of 20 minutes worth of education and 40 minutes worth of activity. It costs £60.00 for the 6 week program, or free on GP referral.

For further information, please contact us on **0117 377 0098** or **brunel@almsport.co.uk** now!



Sessions Delivered On:

TUESDAYS - 13:00-14:00

THURSDAYS - 13:00-14:00

Payment Options:

Free On GP Referral

£60.00 Self-Referral