



ARE YOU LIVING WITH LOW BACK PAIN?

Get back into exercise and join our 12 week programme.

Receive information, advice and support from our specialist low back rehabilitation instructors to help better manage chronic low back pain. Attend a twice weekly group exercise and education programme tailored to your individual needs.

A chance to socialise with and learn from other people living with chronic low back pain.

Reduce
Pain

Improve
physical
function

Be more
active

Manage
Your
Symptoms

Improve
your
confidence

escape pain

TO BE ELIGIBLE FOR ESCAPE-PAIN YOU MUST BE:

- 18 years and over.
- Low back pain for at least 3 months or recurrent episodes of back pain.
- Committed to taking part in a 12 week exercise programme, consisting of attending 2 classes per week for the initial first 6 weeks, followed by a further 6 week membership for unlimited use of our leisure facility.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision.

“This course has been so helpful. It’s made me less nervous to be more physical. My back is doing a lot better and it’s been fun doing it with a group of others with similar issues. The teaching of how to cope etc has been really helpful too. Thank you so much!”

ESCAPE-pain for backs is available across Cheshire East, contact us to find your closest programme.

12 WEEK PROGRAMME FOR £27

For further information email:

ebhealthy@everybody.org.uk or phone: **01270 685589.**