

# escape pain

Enabling **Self-management** and Coping  
with **Arthritic Pain** using **Exercise**



**Are you aged 45 or over? Register now  
for a 6 week programme for only £50!**

Sessions are on Tuesday and Thursday evenings  
from:

Tuesday 15 September 2015 –

Thursday 20 October 2015

**At Golden Lane Sport & Fitness**

Delivered by a fully qualified Physiotherapist

**To register please contact;**

T: 0207 250 1464

E: [csd-col@fusion-lifestyle.com](mailto:csd-col@fusion-lifestyle.com)

W: [www.goldenlanefitness.com](http://www.goldenlanefitness.com)