



escape pain

Are you living with low back pain?

**Get back into exercise and join our free,
brand new, 6 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**

Eligibility Criteria:

- 18 years and over
- Low back pain for at least 3 months or recurrent episodes of back pain
- Committed to taking part in x2 classes per week for 6 weeks
- 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**

Call Everybody Healthy on: 01270 685589
email ebhealthy@everybody.org.uk
or visit www.everybody.org.uk