



Do you live with arthritis?

Do you want to:

- Get information and simple ways to better manage knee and/or hip pain?
- Learn a gentle exercise programme that matches your needs and pace?
- Meet other people living with arthritis?

Bromsgrove Sports and Leisure Centre
Thursdays 2.15pm to 3.15pm
£3.30 per session
Just turn up and pay as you go

More information?

**Contact Hayley Gwilliam on 01527 881404/
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Bromsgrove
District Council
www.bromsgrove.gov.uk

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