

**FREE 12-week
PROGRAMME**



Free 12-week programme to beat joint pain

Sign up for our twice weekly programme to learn and practice ways to manage joint pain.

Beat joint pain, take part in our programme

Our **free** 12-week programme is designed to help you understand, manage and relieve joint pain. It embraces the idea that exercise can manage and prevent joint pain issues to improve your quality of life.

Designed by experts in physical and mental health, it combines education, physical activity and emotional wellbeing support to help you manage your pain in the long term.

“I’m more flexible, found muscles I didn’t know I had, I feel much better within myself and it’s given me some of my confidence back, I wish I had found this course years ago.”

Programme participant.

The Nuffield Health Joint Pain 12-week Programme

You’ll benefit from twice weekly one hour session, 20 minutes will focus on an educational topic, followed by a 40-minute physical session.



Educational topics about joint pain and management



Emotional wellbeing support



Healthy eating advice



Exercise classes designed to strengthen and stabilise



Sessions are in groups up to 12 people, creating a support network to help achieve your goals



To apply, scan the QR code or visit
nuffieldhealth.com/joint