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escape pain

My Story: How ESCAPE-pain changed my life

We wanted to share with you a wonderful case study of an ESCAPE-pain participant, Arlene Rowe, who has recently completed the programme. It's an inspiring story of just how effective the programme can be if participants stick to it, and what impact it can have on their lives.

Read the case study [here](#).



We hope you can make use of this case study in getting participants excited about the classes and willing to stick to the full programme to reap the benefits.

Best wishes,

The ESCAPE-pain team

This case study was prepared by the NHS Innovation Accelerator and can also be found on their [website](#).

Please email any questions or comments to hello@escape-pain.org



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