

# Right Track

Provided by Possability People in association with the Sussex MSK Partnership

Possability  
People

## Are you living with aches and pains?

We can help you get on the right track to improve your health and wellbeing

- Free support for adults with painful joints, muscles and bones who have used the MSK service in Brighton/Hove, Horsham, Crawley or Mid Sussex
- Flexible action plans tailored to your needs and situation to help you increase your physical and social activity
- Get linked in to local free or low cost activities and groups, as well as services that can support you in other areas of your life
- Find ways to independently manage your condition and improve your health and wellbeing by learning how you can be more physically active

## Want to get involved?

Contact us directly to find out more, or ask your physiotherapist or health professional to make a referral on your behalf.

Phone: (01273) 069850

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