



New Intakes Starting January, March and May 2021

(Please contact Katherine to determine your eligibility)

* Program running virtually while physical distancing measures in place. *

Are you experiencing pain or stiffness in your hip(s) or knee(s)?
These may be symptoms of osteoarthritis (OA).

Have you heard about GLA:D®?

- GLA:D® is an 8-week education and exercise program developed in Denmark for people with symptoms of knee or hip OA
- GLA:D® is being launched across Canada as GLA:D™ Canada

What can GLA:D™ Canada do for you?

- This program will teach you the right way to move to reduce your OA symptoms
- In Denmark, people taking the GLA:D® program
 - have reduced pain
 - take fewer pain killers
 - take less time off work
 - are able to be more active
- GLA:D™ Canada is for everyone with symptoms of hip or knee OA!



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