**GLA:D 2019 UPCOMING DATES**

GLA:D®, or Good Life with Arthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. It is run only by physiotherapists.

GLA:D® uses education and exercise to help with daily activities.  You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

**Where:**

        170 Haydon Drive Bruce ACT 2617

**About the sessions:**

        Twice a week for 6 weeks recommended for best results- please enquire for flexible options such as once weekly or a home based program.

        Small group classes will run on Monday, Tuesday and Thursdays.

        There are 14 sessions in total, including two education sessions teaching you about Osteoarthritis and Exercise

        Education session 1 is free for members to come and see what the program is about

        An initial assessment is required with the Physiotherapist prior to commencing the program

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| **Class** | **Dates** | **Time** | **Cost** |
| Initial Assessment | To be booked | To be booked | **$95** |
| Education 1 | Monday 13th May | 1pm-2:30pm | **Free** |
| Education 2 | Monday 20th May  | 1pm-2:30pm | **$40** |
| Education 1  | Monday 17th June | 1pm-2:30pm | **Free** |
| Education 2  | Monday 24th June  | 1pm-2:30pm | **$40** |
| Group Classes   | Mondays  | 10am – 11am11:30 am – 12: 30 pm  | **$30 per class**  |
| Tuesdays  | 10am-11am  | **$30 per class**  |
| Thursdays   | 10:00- 11:00am11:30 am -12: 30 pm 1 pm – 2 pm  | **$30 per class**  |

If you have any further questions, please call 02 **6251 2055** or email**info@arthritisact.org.au**