

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.

The program is proven to reduce pain by an average of **23% in hips** and **31% in knees** after 12 months! You will work on strengthening your muscles and joints, understanding what affects OA and pain, and how you can keep doing what's important to you.

The program consists of:

- An **initial appointment** to explain the program and measure your current functional ability.
- **Two education sessions** which teach you about OA, its risk factors, treatment options, and self-management strategies.
- Group **exercise sessions twice a week for six weeks** to improve your control of the joint, your confidence in the joint and your strength.
- A **review at three months** with your clinician to discuss progress and goals, and re-measure your functional ability.
- **Completion of questionnaires** on registration with the program, and then again at 3 and 12 months after registration to measure changes in areas such as pain, function, quality of life, and medication use.

**When:** 11:30am to 12:30pm on Tuesdays and Thursdays

**Where:** Health and Sports Precinct - Federation University, Mt Helen Campus



**Only  
\$880**

**Call us to secure your place!**  
**03 5332 2969**