

GLA:D™

CANADA



SEP 20

GLA:D® OPEN HOUSE

GLA:D® Canada is a 6-12 week education and exercise program for those with stiff and/or painful knees and/or hips, or those with knee and/or hip osteoarthritis. Research from GLA:D in Denmark shows participants report less pain, reduced use of pain killers, fewer individuals on sick leave, and being more physically active.

Join us to find out more about this exciting new program!



THURS, SEP 20

11:30-12:30

PAN AM CLINIC
CONFERENCE ROOM

MEET THE
PHYSIOTHERAPISTS

ASK QUESTIONS

REGISTER

PAN AM
REHABILITATION
SERVICES

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