

# GLA:D™

CANADA



More than 4.4 million Canadians are living with osteoarthritis (OA). This number will rise to more than 10 million (or 1 in 4) Canadians by 2040.



[gladcanada.ca](http://gladcanada.ca)



# What is GLA:D® ?

## GLA :D

- is an 8-week education and exercise program delivered by certified therapists for people with symptoms of hip or knee osteoarthritis (OA)
- was developed in Denmark and more than 10,000 have participated
- has reduced pain, use of pain killers and days on sick leave and has improved quality of life
- teaches you how to control your movements to allow you to be more active

## What is GLA:D™ Canada?

- GLA:D® is available in Canada and will be offered in various locations across the country
- The program includes: 2-3 education classes, 12 exercise sessions (twice a week for 6 weeks), and measures your outcomes to monitor your improvement
- The goal of the program is to reduce your symptoms so that you can do the things you want to do
- Visit [www.gladcanada.ca](http://www.gladcanada.ca) to find your nearest GLA:D™ Canada location



**GLA:D™**  
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