



**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!



**gladcanada.ca**



Fondation Trillium de l'Ontario



Canadian Orthopaedic Foundation | Fondation Canadienne d'Orthopédie