



- Best first treatment for hip and knee arthritis

## Class Times

Practitioner	Monday	Tuesday	Wednesday	Thursday	Friday
Jennifer	6:00 - 7:00 PM				
Natalie		9:15 - 10:15 AM			8:00 - 9:00 AM
Kate				11:30 - 12:30 & 6.00-7.00PM	

## Fees (as of August 2017)

- 40 minute GLA:D Initial Assessment.....\$95
- 14 Sessions GLA:D Programme (12 group classes and 2 education sessions).....\$500
- 3 month GLA:D follow up .....\$80

You will need to pay in the clinic prior to commencing classes.

If you have Private Health Insurance, you may be eligible for a rebate at the completion of your classes.

## What to wear and bring

- Comfortable clothing
- Socks - for hygiene purposes
- Towel and drink bottle

## Cancellation

We require 24 hours notice should you need to cancel your session, If you do not attend your class or fail to provide the notice required, a cancellation fee of the full cost of the session will be deducted from your pass.

## Location

Wakefield Sports Clinic  
Next Generation  
War Memorial Drive  
North Adelaide, 5006  
ph. 8221 7000

