



- Best first treatment for hip and knee arthritis

Mon	Tues	Wed	Thurs	Fri	Saturday
	Natalie 9.15am-10.15am	Jennifer 10.00am-11.00am	Kate 11.30am-12.30pm	Leisa 8am-9.00am	Jennifer 11.00am-12.00pm
Jennifer 6.00pm-7.00pm	Leisa 6.30pm-7.30pm		Kate 6.00pm-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

