



- Best first treatment for hip and knee arthritis

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

