



# GLA:D

Back Alberta



**Do you experience persistent or recurrent low back pain?**

## Ask today about the GLA:D Back program!

You may be eligible for a research-based education and exercise program run by the University of Alberta, now offered at this clinic.

Over 9 weeks we will guide you through biweekly education and exercise sessions aimed at helping you manage your low back pain and improve your day to day! Offered by the University of Alberta as part of an international research study.



This is where you can add your information

scan me!

