

# ***Nutrition to Help Manage Osteoarthritis***

# **Sessions**

**2025**

**PRESENTED BY ALIA VIRJEE**

A Registered Dietitian with a love for home cooking and a soft spot for chocolate chip cookies. She believes that food, and the nutrients it offers, are the foundation for a healthy and functional body and mind. She also believes that food is delicious! And it can stay that way, even while we make lifestyle changes to achieve our best health.

Alia has a Master of Science in Foods and Nutrition (MScFN) from Western University and over 10 years of experience helping hundreds of people achieve their best health.

**GLA:D™**  
CANADA

Alia Virjee MScFN, RD  
Registered Dietitian  
Tangible Wellness  
Nutrition Counselling | Workplace Wellness

If you have difficulty registering for the session, please connect with GLAD Canada admin team at: [gladcanada.info@gmail.com](mailto:gladcanada.info@gmail.com)

Join this interactive session to learn how to manage your nutrition and diet while living with osteoarthritis. Making specific and intentional changes to your diet can help you fight inflammation and improve your symptoms.

Find out what you can do to improve your quality of life without sacrificing your enjoyment of food!

**REGISTRATION IS OPEN FOR THE FALL SESSIONS:**

[Monday, September 15, 2025- 12 - 12:45 pm ET](#)

[Monday, October 20, 2025- 12 - 12:45 pm ET](#)

There is no fee to register! To register, visit the registration page on the GLAD website here:

[Nutrition to Help Manage Osteoarthritis: Registration Page – GLA:D Canada](#)

*Registration for November & December sessions will open early Fall!*

