

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

# **Sessions**

**2026**

**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 15 years of experience helping hundreds of people achieve their best health.

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  
2026 SPRING SESSIONS:**

**Monday, April 13, 2026, 12 - 1 pm ET**

**Monday, May 11, 2026, 12 - 1 pm ET**

**Monday, June 15, 2026, 12 - 1 pm ET**

**GLA:D™**  
CANADA

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

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

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

If you have any difficulty registering for the sessions, please contact GLA:D Canada at:  
gladcanada@uhn.ca

