

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 FALL SESSIONS:**

Monday, September 14, 2026 at 12 - 1 pm ET
Monday, October 19, 2026 at 12 - 1 pm ET
Monday, November 16, 2026 at 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

