

Zoom Meeting • Monday, October 20, 2025

11:00 am to 12:30pm

Living Well with Arthritis: Movement, Management, and Motivation
By Dr Aliyyah Alidina, Chiropractor, and Neha Mahajan, Physiotherapist

Cost: No Charge

- **Deadline to register: Saturday, October 18, 2025 (or earlier if we reach our Zoom Meeting capacity).**
- Our guest speakers are [Dr Aliyyah Alidina](#), a Chiropractor, and [Neha Mahajan](#), a Physiotherapist, both of [Courtwood Total Rehab](#).
- Dr Aldina and Neha Mahajan will present *Living Well with Arthritis: Movement, Management, and Motivation*. This includes Arthritis: What exactly is it, Treatment Options, including the role of Physiotherapy, and the GLA:D Program.
- GLA:D stands for [Good Life with osteoArthritis in Denmark](#), which is an evidence-based education and exercise program designed for people with knee and hip osteoarthritis. This program originated in Denmark, and has been implemented in various countries. It has been shown to be effective in reducing pain, improving function, and enhancing overall well-being for individuals with osteoarthritis.
- We'll have a Question-and-Answer Session after the main presentation.
- We ask participants to pay their Calendar Year 2025 membership fee prior to registering if you have not done so already.
 - This is \$15 for a Pensioner, or \$30 for a Pensioner and Spouse/Guest, payable by e-transfer to hydropensionerstoronto@gmail.com. For more info, [click here](#) for the Membership form.
- The Zoom Meeting link will be sent to registered attendees closer to the event date.
- Participants will need to connect via Zoom, using their own computer, tablet, or phone.
- The Zoom Meeting may be recorded and made available for review afterwards, along with a brief summary of how to access the available resources.

Please select one of these ways to register:

1. [Click here](#) to visit our on-line registration web form (Preferred Method).
- OR
2. Print and complete this application and return the portion below the dotted line.
Mail to: Nazma Premji, 879 Westlock Road, Mississauga, ON L5C 1K8.

If you mail your registration form, please also email hydropensionerstoronto@gmail.com indicating the mailing date to help us avoid missed registrations.

Note: If after registering you are unable to attend, please advise Nazma [by email](#) or [by phone 647-625-0947](#), so we can free-up space for more participants.

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Pensioner Name: _____

Email address: _____

Phone Number: _____

Company I receive my Pension from: ESA Hydro One IESO OPG Other