

# RAISE YOUR HANDS AGAINST ARTHRITIS

Take five minutes to make a difference for the  
50 million Americans living with arthritis.  
Become an *Advocate* and take action today.



To learn more visit  
[www.arthritis.org/advocacy](http://www.arthritis.org/advocacy) or  
call (202) 887-2913



# 5 WAYS to Advocate in Less Than 5 Minutes

## **SIGN UP TO BE AN ARTHRITIS E-ADVOCATE.**

Visit <http://capwiz.com/arthritis/mlm/> to get plugged-in and start speaking out against arthritis to your Members of Congress.

## **EMAIL YOUR REPRESENTATIVE AND ASK THEM TO JOIN THE CONGRESSIONAL ARTHRITIS CAUCUS.**

What's a caucus? It's a group of Members concerned about an issue who seek to raise awareness among their colleagues on Capitol Hill. Everything's set up for you at <http://www.arthritis.org/arthritis-caucus/>

## **TELL A FRIEND ABOUT ARTHRITIS.**

As a person impacted by arthritis, you have a story to share. Tell neighbors and strangers about your experience to raise awareness about this often misunderstood disease.

## **"LIKE" US ON FACEBOOK.**

Check out our Facebook Fan Page at <http://www.facebook.com/Arthritis.org> and click the "Like" button to tell your friends about this important cause.

## **SIGN UP FOR YOUR LOCAL ARTHRITIS FOUNDATION WALK OR RUN.**

Okay. You caught us. Preparing for the event will take more than five minutes, but no one said fighting arthritis pain would be easy! Learn more at <http://www.arthritis.org/arthritis-walk.php>

