

# Arthritis Today

Updates & Tips to Live Your Best Life



As the holidays get closer and the year winds down, you have our warmest wishes (and fan faves) for a happy and healthy time.

## 42 Tips for Happier Holidays

Feeding family, visiting friends and buying gifts can all be fraught with seasonal stress.

[Tips to Chill Out](#) →

## 7 Gentle Warm-Ups

Stretching out before exercise improves flexibility and helps prevent injury. Try hip circles, arm swings and more.

[Warm Up](#) →

## 20-Calorie Treat to Try

[Get the Recipe](#) →



## Our Fight for OA Relief

Learn how we're taking the lead on research to drive better osteoarthritis treatments and, ultimately, a cure.

[Research Update](#) →

## 2023's Top Story of Yes: Treating RA

Rheumatoid arthritis patients seem to take Dr. Solomon's research personally. See how he's uncovering clues to identify the exact arthritis drug that will work for you.

[Read His Story](#) →

## Top Post of 2023: World Arthritis Day

The arthritis community really came together for connection and support on this social post.

[See It on Facebook](#) →



## Praise for Pathways Conference

More than 90% of attendees surveyed in 2023 agreed that the conference is well worth attending.

[Register for 2024](#) →



## Designed for You

## IMAK® Arthritis Gloves

Top product of 2023

[Buy Now](#) →



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.

For over seven decades, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children living with the disease in the U.S. This content is made possible through the [generous support](#) of donors like you.