

Arthritis Today

Arthritis Updates & Opportunities



June Is Men's Health Month

How Does Gender Affect Coping With Arthritis?

We're saluting every guy working toward being healthy and happy. Read about men struggling, persevering and excelling — all while living with arthritis.

[Read Their Stories](#)

We want to hear from you, too!

This Men's Health Month, tell us how you're coping with arthritis and help others feel less alone.

[Share Your Story -->](#)

Your Gut & Arthritis

6:00-7:15 p.m. ET, June 23

Did you know your gut health can play an enormous role in arthritis symptoms, including inflammation, mental health and more? Learn about the arthritis-gut connection and what you can do to promote good gut health.

You'll leave with resources and tips for promoting gut health, including the ITIS diet for arthritis.

[Register Now](#)

Veterans Connect Group: Mindful Movement

7:30-9:00 p.m. ET, June 22

Join combat veteran Dan Hill for an interactive session about movement as medicine. You'll learn to move your body safely and cultivate better habits for a healthier body and mind.

[Register Now](#)

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People with chronic conditions know grief all too well. There can be a profound sense of loss for what we thought we could do, who we thought we could be and what we thought our future would look like.

Rebecca Gillett, podcast host, from the *Grief & Chronic Illness* episode

Learning Something New

On-Demand Podcast

Grief Over Arthritis

Do you grieve losing the ability to do the things you love? Internationally known grief and grieving expert David Kessler discusses grief and arthritis and offers ways to cope.

Recognition

Cheers to Volunteers

We're here to help. Connect with our Helpline team of trained staff, available to answer your arthritis questions.

Made for You



When knee pain gets you down, fight back with the IMAK Compression Arthritis Knee Sleeve.

Designed with all-day comfort in mind, the IMAK arthritis knee sleeve provides mild compression for warmth and helps increase circulation, which ultimately reduces pain and promotes healing.

[Buy Now -->](#)

Your everyday tasks don't have to be a pain. The [Ease of Use program](#) recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.

