

Arthritis Today

Updates & Tips to Live Your Best Life



Whether you're traveling together, cooking together or getting out in the fresh air together, we have tips, tricks and resources to make it a breeze.

Know Your Travel Rights

Last year, the U.S. Department of Transportation released an Airline Passengers with Disabilities Bill of Rights. Learn how it helps take some of the pain out of air travel.

[Read Your Rights](#)

8 Tips for Pain-Free Travel

Whether you're traveling by air or land, you can do more to have less pain while you're en route.

[Travel Smart Tips](#)

Winner, Winner

Chef Sandra Lee's lemon-rosemary chicken dish isn't just easy, it's also delicious.

[Try the Recipe](#)

Supporting Our JA Families

July is Juvenile Arthritis (JA) Awareness Month. Kids get arthritis, too, and we're with them every step of the way, from camps and the JA Family Summit to JA Power Packs and Connect Groups for parents.

[Find Resources](#)

Family Workouts

Make exercise a family affair. Keep everyone healthy with these easy and fun tips.

[Get Moving](#)

Made for You



Movement is easier with Urban Poling Activator® poles.

Walk around your house with ease or head out into the sunshine with less pain. Urban Poling Activator® poles are designed to help your balance and take pressure off your back and lower joints while you walk.

[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.