

# Arthritis Today

Updates & Tips to Live Your Best Life



Here are arthritis-friendly tips to clean, start your garden and entertain your guests. Spring into action!

## Get Growing

Gardening can provide gentle exercise, stress relief and joy. Learn hacks to make it more comfortable with arthritis.

[Dig In](#) →

## 11 Spring Cleaning Tips

Get your house shining with less joint stress, from making your bed to easy dusting.

[Get Tips to Tidy Up](#) →

## 5 Legal Cases We're Watching

Access to medications, preventive care and reliable health information are all at stake.

[Stay Informed](#) →



## Yummy Shrimp Skewers

It's easy to wow guests with this simple, tasty appetizer that has anti-inflammatory ingredients.

[Get the Recipe](#) →

## Celebrating Volunteers

Our Pathways Conference spotlighted volunteers who have made a big difference. Their stories will inspire you.

[Be Inspired](#) →

## Teen Hits a Major Goal

JA camp helped Grady meet other kids with arthritis. Now he's giving back as a Walk to Cure Arthritis youth honoree.

[Meet Grady](#) →



## Designed for You

## Guard-N-Grip Hose Connector by Flexon®

[Check It Out](#) →



[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.



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