

# Arthritis Today

Updates & Tips to Live Your Best Life



Cook up something new, stretch yourself and make some connections. You'll find it all here.

## Arthritis Won't Upstage Chandra

Meet a busy theater director who keeps moving with arthritis-friendly physical activity.

[Read Her Story](#) →

## Before Your Next Walk

Brush up on stretching basics to warm up and help prevent soreness.

[Get Prepared](#) →



## 23 Recipes You'll Love

Help tame your inflammation and arthritis with 23 delicious recipes, including healthy desserts.

[Get Cookin'](#) →

## Building a Support Network

Understanding, love and help when you need it are important to your well-being when living with arthritis.

[Don't Go It Alone](#) →



## We Stand With the FDA

A court decision threatens the authority of the FDA to approve drugs for arthritis and other conditions.

[Stay in the Loop](#) →



## Designed for You

## Urban Poling Activator® Poles

Designed to aid balance and take pressure off your back and lower joints while you walk.

[Buy Now](#) →



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