

How can we help you?

The Arthritis Foundation, Eastern Pennsylvania's Chapter office is conveniently located in historic Olde City Philadelphia in the beautiful Bourse Building near 5th and Market Streets.



The Chapter also has a staff presence in Northeastern PA, Lehigh Valley and Berks County. Our knowledgeable and friendly representatives are available to assist you by phone, email or in person Monday through Friday from 8:30am-4:30pm.

The Chapter can provide you with the latest in disease specific and research information, refer you to a local practitioner or provide limited financial assistance for adaptive aids and services through our Patient Assistance Program. You can also get information about upcoming Chapter events and programs. Call or stop by today!

In Philadelphia: 215-574-3060
Lehigh Valley: 610-776-6632
Northeastern PA: 570-823-2888
Berks County: 610-375-0832

AF on the Web!

Have you seen our new website? The Arthritis Foundation Eastern Pennsylvania Chapter offers a convenient, interactive website complete with exciting video clips and links to assist you in quickly obtaining the latest information about your disease and programs and services available to you. Visit us on the web today at <http://easternpennsylvania.arthritis.org>

Make a difference!

Consider joining the Arthritis Foundation family of volunteers and supporters.



Become an Advocate or Arthritis Ambassador and speak at local events or lobby legislators on behalf of the Foundation's to promote awareness and change.

Volunteer positions are also available in our office as well as at our many events. Volunteers must be at least 18 years of age and able to commit to a minimum of (2) consecutive hours per project.

Get involved today!

Get Moving!

The Arthritis Foundation provides a wide-array of programs and services for local residents throughout the year including our renowned **Life Improvement Series**, which is comprised of the Arthritis Foundation **Exercise, Aquatics** and **Self-Help programs**. The Chapter also offers **Walk with Ease** and **Workplace Wellness** programs in select areas. New classes are forming now, so don't delay, get moving today!



**** Coming Soon.. Tai Chi!**

Be A Leader!

Already in the "Zone"? Why not help others like you to lead more healthy and active lives by training to become a **Certified Program Leader**.



No previous experience is required although certain restrictions do apply. Instructor trainings are held several times during the year throughout Eastern Pennsylvania.

Walk the Walk!

Do you enjoy walking or running? The Arthritis Foundation sponsors several walking events throughout the year. Why not indulge your passion while raising needed funds and awareness for the Foundation?



During the Spring and Summer months, you can choose to participate in our signature event **The Arthritis Walk** or celebrate the spirit of Winter as you "**Jingle all the Way**" at our **Jingle Bell Run!**



Women & Arthritis!

Throughout the year the Chapter hosts **Women's Health Summits**. These one-day, interactive events were created so that women would have a place to meet local practitioners and specialists, and attend expert presentations and seminars. Topics deal with a range of relevant subject matter, including arthritis prevention, treatment, exercise techniques, pregnancy and arthritis and sessions for the newly diagnosed.

For more information about any of the programs, events or services available through the Arthritis Foundation, please contact us at 215-574-3060.

Speak Up, **Get Active,** **Participate, Support,** Give and *Inspire*

There are 46 Million People in the United States with arthritis and related diseases, these are 46 Million Reasons why we need your help!

YES! I would like to get involved by:

- Becoming an Advocate
- Becoming a Volunteer
- Becoming Certified Program Leader
- Participating in a Special Event (Arthritis Walk, Jingle Bell Run)
- Taking a Class (Aquatic, Exercise or Self-Help)

Please send me additional information about:

YES! I would like to make a donation to help support programs and services for local children and adults with Arthritis.

- \$100 \$75 \$50 \$25 \$10
- Other \$ _____

Payment Options:

- I have enclosed my check or money order made payable to the Arthritis Foundation.
- Charge my: VISA MC

Card Number: _____

Expiration Date: ____ / ____

Signature: _____

Mail To:

Arthritis Foundation
Eastern Pennsylvania Chapter
Attn: P Bolton
111 S Independence Mall East
Suite 500
Philadelphia, PA 19106

For questions or concerns regarding services provided by the Arthritis Foundation please contact our local office at 215-574-3060 or visit us on the web at: <http://easternpennsylvania.arthritis.org>

All contributions made to the Arthritis Foundation are fully tax-deductible.

Please make all checks or money orders payable to:
The Arthritis Foundation

Thank You

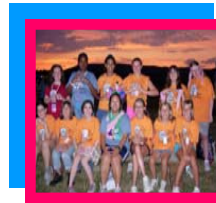
The Arthritis Foundation, Eastern Pennsylvania Chapter sincerely thanks you for your support. Your generous donation will move the Foundation one step closer to achieving its mission to **improve lives** through **leadership** in the **prevention, control** and **cure** of arthritis and related diseases.

The Arthritis Foundation, Eastern Pennsylvania Chapter is a 501 (c) (3) organization. Our tax ID number is 23-1371953. Funds should be designated to the Arthritis Foundation, Eastern Pennsylvania Chapter.

Juvenile arthritis is one of the most prevalent chronic diseases in children in the US!

CAMPJRA

For many local youth battling arthritis and related diseases, the dream of attending summer camp is often extinguished before it begins! Most children with arthritis have medical needs that exceed what is available at traditional summer camps. At the Arthritis Foundation, we are providing opportunities for these children to attend a Camp program designed for their needs by creating and facilitating Camp JRA.



Camp JRA is a 6-day residential program which ensures that all campers are able to fully participate in the camping experience which includes **archery, swimming, yoga, fishing, karate, climbing wall, crafts, karaoke, casino night, talent show, dance, drama and campfire games.**

Additionally, daily health education sessions teach campers about their disease and its treatment and increase campers' abilities for self-care.



Over the past 13 years, the Arthritis Foundation has welcomed many supporters into the Camp JRA family, without whom we would be unable to continue such a worthwhile experience. However, as the prevalence of arthritis increases, the number of deserving children waiting for the chance to attend Camp JRA does also.

AF turns 60!

The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions.



Celebrating our **60th anniversary** this year, the Foundation helps people take control of arthritis by providing public health education; pursuing public policy and legislation; and conducting evidence-based programs to improve the quality of life for those living with arthritis.



Programs & Services Guide

