



JUST 10 Ways to Make a Difference

10. Learn about the JUST 10 advocacy campaign.
9. Sign up to become an **Arthritis Advocate - NOW**.
8. Log on to www.arthritis.org and inform yourself about advocacy and Arthritis Foundation priority issues.
7. Show a friend the advocacy section of www.arthritis.org.
6. **Email your congressman** about the Arthritis bill – right from our website.
5. **Ask JUST 10 friends and family** members to contact Congress about the Arthritis bill.
4. Learn more about the JUST 10 advocacy training.
3. **Host a gathering of friends and family members for a JUST 10 advocacy training.**
2. **Recruit new Arthritis Advocates** in your area.
1. **Respond to Arthritis Action Alerts** to quickly help the Arthritis Foundation make a point in Congress.



www.arthritis.org

800-968-3030