

RAISE YOUR HANDS AGAINST ARTHRITIS

Take five minutes to make a difference for the
50 million Americans living with arthritis.
Become an *Advocate* and take action today.



To learn more visit
www.arthritis.org/advocacy or
call (202) 887-2913



5 WAYS to Advocate in Less Than 5 Minutes

SIGN UP TO BE AN ARTHRITIS E-ADVOCATE.

Visit <http://capwiz.com/arthritis/mlm/> to get plugged-in and start speaking out against arthritis to your Members of Congress.

EMAIL YOUR REPRESENTATIVE AND ASK THEM TO JOIN THE CONGRESSIONAL ARTHRITIS CAUCUS.

What's a caucus? It's a group of Members concerned about an issue who seek to raise awareness among their colleagues on Capitol Hill. Everything's set up for you at <http://www.arthritis.org/arthritis-caucus/>

TELL A FRIEND ABOUT ARTHRITIS.

As a person impacted by arthritis, you have a story to share. Tell neighbors and strangers about your experience to raise awareness about this often misunderstood disease.

"LIKE" US ON FACEBOOK.

Check out our Facebook Fan Page at <http://www.facebook.com/Arthritis.org> and click the "Like" button to tell your friends about this important cause.

SIGN UP FOR YOUR LOCAL ARTHRITIS FOUNDATION WALK OR RUN.

Okay. You caught us. Preparing for the event will take more than five minutes, but no one said fighting arthritis pain would be easy! Learn more at <http://www.arthritis.org/arthritis-walk.php>

