



Darlene Ciprich
2014 Jingle Bell Run/Walk
Adult Honoree
River Valley, IL

Darlene's arthritis symptoms began in her knees and back. Her doctor encouraged her to get more exercise and lose weight to help alleviate the pain she was experiencing.

She found that swimming does wonders for her arthritis pain. Her love of gardening and caring for her goats also keeps her active. Darlene enjoys reading mysteries and love-inspired books. She is an active member of the Women of the Moose and is very involved at her local church.

When asked about her hopes for the future Darlene replied, "To stay mobile and continue to enjoy the activities that I do." Darlene has worked to increase awareness about arthritis in her community and said, "I want people to understand that anyone at any age can have arthritis."

We appreciate all that you do Darlene, and we are thrilled to recognize you as the 2014 Jingle Bell Run/Walk adult honoree.

About the Arthritis Foundation

The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services