

Upcoming Events

WALK TO CURE ARTHRITIS, MAY 19

The Arthritis Foundation's Walk to Cure Arthritis is where we become ONE, rising to fight this life-altering disease even harder. Where we join hand in hand to celebrate arthritis warriors and raise crucial funds for innovative research, resources and a cure. **Register now:**

www.walktocurearthritis.org/nashville

ROCK ON OMICRON, MARCH 14

A fundraising event hosted by the Vanderbilt AOII chapter invites you and your family to add to join in the fun!

Contact Jessica Saad for more information

jsaad@arthritis.org

JA FAMILY DAY, APRIL 2019

Informative programs and supportive events that deal with various aspects of living with JA, including an overview of the disease, medications, pain management techniques, exercise and more!

Contact Jessica Saad for more information

jsaad@arthritis.org

When you join the movement, you become part of the answer. Our events and volunteer opportunities allow you to form meaningful connections and find ways to give back - getting the support you need, while supporting others.

Have You Heard?

LIVE YES! ARTHRITIS NETWORK

The Live Yes! Arthritis Network, created by the Arthritis Foundation, makes connections possible both in person and online to empower people to live their best life. People with arthritis find strength in each other, manage stress and take control of their health care. But it doesn't work without people like you. Join us and find your path to making a difference.

Existing Group and Date information – [click here](#).

For more information or to start a group, contact Jessica Saad jsaad@arthritis.org

CONTRIBUTE TO RESEARCH

Just 15 minutes a month could help change the course of arthritis treatment. Our Patient Reported Outcomes survey allows you to track insights about your own health, as well as contribute to research that will help shape the future treatment of arthritis.

Click here to participate in the survey:

www.arthritis.org/arthritis-cure/participate-in-research/patient-reported-outcomes.php



Newsletter

Quarterly Arthritis Foundation
Newsletter - Nashville, TN

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Feb 2019
Q1

Registration Now Open!

Register now for the **Walk to Cure Arthritis!** Whether you're an arthritis warrior yourself or care about someone who is, sign up and WALK to CURE Arthritis.

www.walktocurearthritis.org/nashville



Nashville Office

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Nashville, TN 37217



www.arthritis.org

This Issue

Upcoming Events

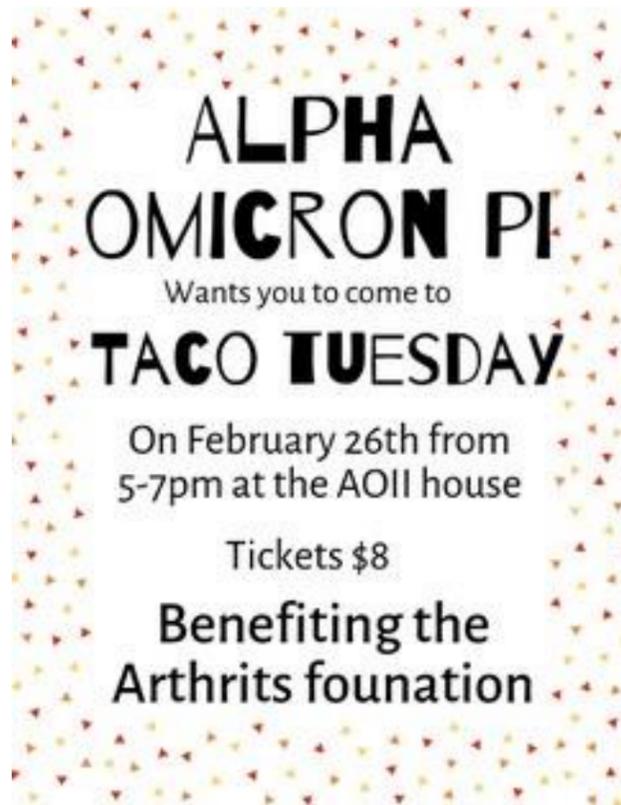
Have You Heard?

Meet the Staff!

JA Family Highlight



“Arthritis isn’t fun, but it’s definitely helped me to grow as a person these last four years, and I wouldn’t be the strong woman that I am without the difficult times that I’ve faced.” – Rachel Omar



University of Tennessee AOII
Philanthropy Event, Knoxville, TN

JA Families are free of charge but
must RSVP to Kayla Jadwin.

Kaylajadwin96@gmail.com

Live Yes! Connect of Murfreesboro and Greater Nashville

Contact Group Facilitator

Diana O'Daniel

Phone: 615-881-4065

Email: diana@arthritisintrospective.org

Web site & registration to receive meeting details:

<https://www.arthritisintrospective.org/ais/tn-murfreesboro>

2019 Meetings

January 26th
February 23rd
March 30th
April 27th
May 25th
June 29th

July 27th
August- No meeting
September 28th
October 26th
November- No meeting
December 7th-Holiday social

Live Yes! Connect

Meetings held at-
Senior Center
325 St. Clair St.
Murfreesboro, TN 37130

New - JA Committee!

Do you have an interest in being involved with our Juvenile Arthritis Kids? Our new JA Committee will work together to provide creative and new opportunities for our JA Kids. If this is something that you would like to be involved in, please email jsaad@arthritis.org for more information.

