

The Arthritis Foundation Presents

Living Your Yes With RA

A Personalized Goal - Setting Event

Here's where RA patients and their caregivers can start turning life around.

WHAT YOU'LL TAKE AWAY

- How to set personal goals, track your progress and achieve life-changing results
- Tips to communicate better with your health care providers
- Ways to get optimal treatments and outcomes
- Tools and support to successfully manage RA and live life to its fullest

This must-attend event – facilitated by a local rheumatologist – is FREE.

All you invest is your time and your determination to say Yes more than No!



Take control of rheumatoid arthritis like never before.
Learn more and register at arthritis.org/LivingYourYes