

# Arthritis Today

Updates & Tips to Live Your Best Life



There's always something new to discover. This issue is filled with hopeful research, gentle movement and practical inspiration.

## Spotting RA Before It Strikes

What if rheumatoid arthritis could be detected sooner? Learn how promising research could lead to earlier treatment and better outcomes.

[See Why It Matters →](#)

## Yoga That Loves Your Joints

No experience? No problem. These easy-to-follow yoga videos will help you move with less stiffness and more confidence every day.

[Watch Our Videos →](#)

## Chocolate Banana Creamers

Treat yourself without the guilt. Every bite combines naturally sweet bananas, antioxidant-rich dark chocolate and irresistible crunch.

[Get the Recipe →](#)



"Here they're free to be themselves.  
Because they all share this common  
thread that brings them together."  
— JA camp counselor



## Every Kid Deserves Camp

Summer's ending, but the confidence, friendships and memories from JA camp last a lifetime. Help more kids with arthritis experience the magic next year.

[Learn About JA Camps →](#)



## Designed for You

## Spruce 64oz Power Wand Weed & Grass Killer

[Check It Out →](#)



[Ease of Use<sup>SM</sup>](#) certified products and packaging are tested and proven easy to use for people with arthritis.

Since 1948, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children in the U.S. This e-newsletter content is made possible through the [generous support](#) of donors like you.



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