

# Arthritis Today

## Arthritis Updates & Opportunities



June Is Men's Health Month

### How Does Gender Affect Coping With Arthritis?

We're saluting every guy working toward being healthy and happy. Read about men struggling, persevering and excelling — all while living with arthritis.

[Read Their Stories](#)

### We want to hear from you, too!

This Men's Health Month, tell us how you're coping with arthritis and help others feel less alone.

[Share Your Story -->](#)

### Your Gut & Arthritis

6:00-7:15 p.m. ET, June 23

Did you know your gut health can play an enormous role in arthritis symptoms, including inflammation, mental health and more? Learn about the arthritis-gut connection and what you can do to promote good gut health. You'll leave with resources and tips for promoting gut health, including the ITIS diet for arthritis.

[Register Now](#)

### Veterans Connect Group: Mindful Movement

7:30-9:00 p.m. ET, June 22

Join combat veteran Dan Hill for an interactive session about movement as medicine. You'll learn to move your body safely and cultivate better habits for a healthier body and mind.

[Register Now](#)

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**People with chronic conditions know grief all too well. There can be a profound sense of loss for what we thought we could do, who we thought we could be and what we thought our future would look like.**

Rebecca Gillett, podcast host, from the *Grief & Chronic Illness* episode

### Learning Something New

On-Demand Podcast

#### [Grief Over Arthritis](#)

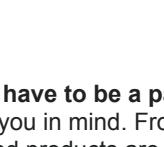
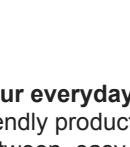
Do you grieve losing the ability to do the things you love? Internationally known grief and grieving expert David Kessler discusses grief and arthritis and offers ways to cope.

Recognition

#### [Cheers to Volunteers](#)

We're here to help. Connect with our Helpline team of trained staff, available to answer your arthritis questions.

### Made for You



**When knee pain gets you down, fight back with the IMAK Compression Arthritis Knee Sleeve.**

Designed with all-day comfort in mind, the IMAK arthritis knee sleeve provides mild compression for warmth and helps increase circulation, which ultimately reduces pain and promotes healing.

[Buy Now -->](#)

Your everyday tasks don't have to be a pain. The Ease of Use program recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.

