



# Arthritis Foundation Patient Resources

We provide ways for you to take control of arthritis by connecting you with others who understand the challenges.

## Live Yes! Connect Groups

Connect Groups are inclusive to adults living with all types of arthritis and rheumatic diseases. These virtual or in person groups provide supportive social connections. They bring people together for fun, social and informative educational events as well as activities focused on mutual support and positive coping strategies for living well.

[connectgroups.arthritis.org](https://connectgroups.arthritis.org)



## Living Well Events

These in person educational events empower you to take control of your arthritis. Whether it's managing symptoms like pain and inflammation or discovering new ways to achieve everyday tasks, there is a Living Well Event for everyone!

[arthritis.org/events/living-well](https://arthritis.org/events/living-well)



## Webinars

Learn how to take control of your arthritis with these expert-led events. From access to care and disease management to nutrition and emotional well-being, there are webinars for all stages of your arthritis journey. Join a new webinar live each month or watch one from our vast library with more than 50 unique topics categorized to your needs.

[arthritis.org/webinars](https://arthritis.org/webinars)



## Walk With Ease

This community-based physical activity and self-management education program gets you safely moving towards better health. It includes health education, stretching and strengthening exercises and motivational strategies.

[arthritis.org/www](https://arthritis.org/www)



## E-Books

Get tips to help you take control of arthritis and put your mind at ease. Download one of our many e-books with topics ranging from easing pain and diet tips to traveling and walking with ease.

[arthritis.org/ebooks](https://arthritis.org/ebooks)



## Live Yes! With Arthritis Podcast

This is a one-of-a-kind podcast is hosted by patients, for patients. Each episode provides real life experiences from experts as well as patients, just like you. Tune in and take control of your arthritis.

[arthritis.org/podcast](https://arthritis.org/podcast)



## Your Exercise Solution (YES)

Movement is the best medicine. But moving can be difficult when your joints hurt. This is a resource to help you create a physical activity routine — based on your specific needs and ability level — with modifications developed and approved by physical therapists.

[arthritis.org/yestool](https://arthritis.org/yestool)



## Arthritis Foundation Helpline

We're here to provide you with the most up-to-date arthritis information, guidance and the best support possible. Our trained staff, including a Spanish-speaking expert, understand arthritis and are available by phone, email or web chat.

**Call us at 1-800-283-7800**

**Email us at [helpline@arthritis.org](mailto:helpline@arthritis.org)**

**[arthritis.org/helpline](https://arthritis.org/helpline)**

