

Arthritis Today

Updates & Tips to Live Your Best Life



Happy New Year! Start strong with trusted guidance on easing arthritis symptoms and supporting overall well-being year-round.

10 Winter Workout Tips

Don't let chilly weather slow you down! These 10 tips help you stay active comfortably and confidently all winter.

[Get Tips to Keep Moving →](#)

Arthritis Foundation Awards \$255K in Grants

These awards direct \$255,000 toward community solutions that reduce gaps in arthritis care and improve access to education and long-term outcomes.

[Read About It →](#)

Voices for the Arthritis Community

Every voice matters. Arthritis Perspectives is a group that shares insights to help researchers understand real life with arthritis.

[Sign Up Today →](#)



Orange-Cranberry Slow Cooker Compote

Simple ingredients, fresh flavor and an easy slow cooker method make this compote a healthy crowd pleaser every time.

[Get the Recipe →](#)

New Advances in Rheumatology Care

The 2025 rheumatology conference explored exciting new therapies, artificial intelligence and policy shifts with real implications for people with arthritis.

[See Key Research Trends →](#)

Dress to Beat the Chill

Outsmart the cold with clothing choices that support joint comfort, warmth and easier movement all season long.

[Find Out More →](#)



Pathways 2026: Shaping What's Next

Help drive the future of arthritis care and treatments. Join us at the Pathways Conference, featuring inspiring **global leadership expert Gregg Brown**.

[Register Now →](#)



Designed for You

IMAK® Arthritis Gloves

[Check It Out →](#)



[Ease of UseSM](#) 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 living with the disease in the U.S. This e-newsletter content is made possible through the [generous support](#) of donors like you.



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