

Arthritis Today

Updates & Tips to Live Your Best Life



This month, we've got joint-friendly tips for gardening and biking, a tasty recipe, OA research news and an inspiring story.

The Future of OA Prevention

Can a diabetes drug stop osteoarthritis? A researcher's innovative study aims to revolutionize OA prevention.

[Find Out More →](#)

Biking: Low Impact, High Reward

No matter what your speed, the right bike can help ease arthritis pain, improve flexibility and keep you moving.

[Pedal On! →](#)



Easy Garlicky Shrimp Skewers

Anti-inflammatory and packed with flavor — these shrimp skewers are a quick win for your joints and your taste buds.

[Get the Recipe →](#)

Gardening Without Joint Pain

In this podcast, an expert gardener shares her best tips, techniques and tools for gardening with less pain and discomfort.

[Listen Now →](#)

Finding Strength Through Community

Mercedes' long road to diagnosis became easier when she connected with others who share her LGBTQIA+ and health experiences.

[Read Her Story →](#)



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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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1355 Peachtree St NE Suite 600, Atlanta, GA 30309

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