

Arthritis Today

Updates & Tips to Live Your Best Life



A little support can go a long way. This month brings smart ways to stay active, eat well and feel your best.

Research Progress at Risk

The future of arthritis research is at stake. With Congress back in session, see why protecting federal funding matters for new arthritis treatments and breakthroughs.

[Understand the Impact →](#)

Sneak Movement Into Your Workday

Consider this your permission to fidget at work. A few simple desk exercises can add movement to your day and help joints feel better.

[Watch Our Videos →](#)



Quick Mediterranean Veggie Medley

Fast and full of Mediterranean flair, this colorful veggie dish proves a healthy side can be easy and seriously delicious.

[Get the Recipe →](#)

The Skin-Joint-Gut Connection

Together, the Arthritis Foundation and Johnson & Johnson are connecting the dots. The new PsoriaSiblings campaign highlights the links between plaque psoriasis, psoriatic arthritis and inflammatory bowel disease.

[Visit PsoriaSiblings.com →](#)



Arthritis Answers Are Just a Call Away

Sometimes you just need a real person to help. Our Helpline offers personalized support and trusted resources for your arthritis questions.

[Connect With Our Helpline →](#)

Navigate Joint Pain With Confidence

Consider this your go-to place if you're experiencing joint pain. Get helpful tools, trusted answers and practical guidance all in one spot.

[Navigate Your Joint Pain →](#)



Designed for You

Advil Liqui-Gels Easy Open Arthritis Caps 160 ct

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



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