

Arthritis Today

Updates & Tips to Live Your Best Life



Need a little inspiration? We've got it! Tips for pain-free needlework, walking benefits, a tasty recipe and more.

Making the Most of Knee Replacements

Research assistant Annie Nolan joins our effort to increase activity in people who have had a knee replaced.

[Read Her Story →](#)

12 Health Benefits of Walking

Lace up your sneakers! Walking builds strength, eases pain and helps you feel more confident in your daily life.

[Step Into Better Health →](#)



Moroccan-Inspired Chicken and Turmeric Rice

Savor a tasty Moroccan-inspired meal rich in antioxidants, fiber and protein — perfect for an easy, joint-friendly dinner.

[Get the Recipe →](#)

Advocacy Summit Changes Lives

Arthritis Advocates meet with lawmakers on Capitol Hill — plus they salute colleagues who go above and beyond to improve people's lives.

[See What Happened →](#)

Finger-friendly Needlework Tips

Don't let arthritis curb your crafting creativity. Discover easy adjustments and tools to keep stitching comfortably.

[Get Needlework Tips →](#)



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[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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