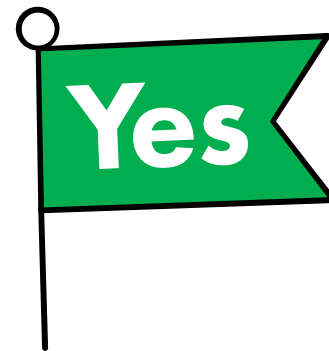


Connect With the Arthritis Community



There's nothing like having a friend who understands what you're going through and can offer comfort and wisdom when you live with arthritis. That's where we come in. With help from our many resources, you will find not only life-changing information and education, but also hope and inspiration, ways to better manage your arthritis, a platform to make your voice heard, and opportunities to give back to others.

Connect Groups

Connect with others who understand your journey and your challenges. This is a great way to make new friends, learn from others and share your thoughts and experiences.

The Arthritis Foundation's Connect Groups provide safe spaces for support and social connections. They include support groups by disease type, community and every stage of your journey.

Support groups meet virtually or in person, bringing together people across the country and locally. Members enjoy fun, social, educational events, sharing support and coping strategies. arthritis.org/connect

Education and Inspiration

Check out webinars that dig into issues you care about. arthritis.org/webinars

Hear inspiring and informative podcasts from people living with arthritis and experts who can help you improve your life. Listen through our website or subscribe wherever you get your podcasts. arthritis.org/podcast

Our e-books cover a variety of topics to help you live your best life. arthritis.org/ebooks

Sign up for our in-person health education events. arthritis.org/livingwell

Staying Active

Moving is the best medicine for arthritis. Learn about our [Walk With Ease program](https://arthritis.org/walk-with-ease), proven to reduce arthritis pain and boost overall health and well-being.

Physical activity is vital to managing your arthritis pain. With the [YES \(Your Exercise Solution\) resource](https://arthritis.org/yes), get help to stay active and develop a home exercise program.

Juvenile Arthritis Support

Families living with juvenile arthritis (JA) and other childhood rheumatic conditions can find community. arthritis.org/juvenile-arthritis

Life-changing programs and resources include JA Family Summit, JA Camps, JA Power Packs, Champions Scholarship, webinars, information and guides to educational rights, and materials to ease the transition to adult care.

JA Power Packs: arthritis.org/japowerpack

JA Family Summit: arthritis.org/jafamilysummit

JA Camps: arthritis.org/jacamps

Raising a Child With JA Connect Group:
arthritis.org/connect

Educational Rights Resources:
arthritis.org/educationalrightskit

Transition to Adulthood Resources:
arthritis.org/transitions

Informative JA Videos: arthritis.org/ja-webinars

Arthritis Helpline

Have questions about your diagnosis? Need tips for an arthritis-friendly diet? Looking for an arthritis-appropriate exercises program? Call us toll-free at **800-283-7800**.
arthritis.org/helpline

Advocacy for Access

Advocate for yourself and others dealing with arthritis and other chronic diseases to get the health care coverage you need and deserve.

Sign up to be an Advocate, Ambassador or a Junior Ambassador. arthritis.org/advocate

Scientific Breakthroughs

We've invested hundreds of millions in arthritis research, including more than \$68 million just since 2018. We're working to find better treatments, getting closer to a cure and helping more people with arthritis find care through groundbreaking research, grants and fellowships.

arthritis.org/science

We're speeding up research in osteoarthritis, which affects over 30 million Americans.

arthritis.org/osteoarthritis

We're forging new paths to help people with rheumatoid arthritis and other rheumatic diseases who don't get relief from existing treatments. arthritis.org/ra-task-group

We're exploring causes of juvenile arthritis to develop new and better treatments. arthritis.org/carra-registry

We're filling gaps in the rheumatology workforce to improve access for patients — especially those in under-served communities and areas.

arthritis.org/workforce-development

Participate in a clinical trial to advance arthritis research.

arthritis.org/clinicaltrials

Volunteer Opportunities

Consider joining your local board or helping with a gala or other event. As a volunteer, there are many ways you can help advance the arthritis community's work.

arthritis.org/volunteer

Be part of our Patient Voice Panel to help guide our work.

arthritis.org/arthritisvoices

Special Events

Join our events and local fundraisers. National events and local galas and activities connect you with others and support our mission to help all people living with arthritis.

Walk to Cure Arthritis: arthritis.org/wtca

Jingle Bell Run: arthritis.org/jbr

Arthritis Foundation Cycling Experience:

arthritis.org/bikeevents

Local Fundraisers: arthritis.org/events

Fundraise Your Way: arthritis.org/diy

Arthritis@Work

Employers can help their workers with arthritis improve their health and well-being, which may increase productivity. Add Arthritis@Work resources to your wellness program for FREE.

arthritis.org/atwork

Stay In Touch

Get updates to keep you on top of tips, research and opportunities to make a difference in the fight against arthritis. Sign up for newsletters based on your interests.

arthritis.org/emailsignup

Connect With Us

arthritis.org

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arthritis.org/contact



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