



Need some inspiration? We've got you covered with simple stretches for easier walks and a recipe to perk up your dinner plate.

## Walk Easier With Simple Stretches

Set yourself up for a better walk. Gentle stretches wake up muscles and help you step out with confidence.

[Stretch Before You Step →](#)



## Rice With Extra Personality

Rice doesn't have to be boring. Add vegetables and simple seasoning, and suddenly dinner feels a lot more interesting.

[Get Cookin' →](#)

## Health Summit: Insights That Matter

See what health experts discussed at the Community Health & Workforce Summit — and why those conversations matter for real-world arthritis care.

[Get Informed →](#)



## Designed for You

### Melnor® RelaxGrip® Thumb Control Multi-Pattern Nozzle

[Check It Out →](#)



[Ease of Use<sup>SM</sup>](#) certified products and packaging are tested and proven easy to use for people with arthritis.