

Arthritis Today

Updates & Tips to Live Your Best Life



Warm your body and soul. Joint-friendly movements, delicious recipes and Nordic walking ideas can help make this Thanksgiving brighter.

Find Your Perfect Way to Move

You can trust these therapist-approved videos to help you move better and feel stronger without hurting your joints.

[Get Started Here](#) →

Let Poles Boost Your Walk

Walking with poles builds strength, improves posture and makes movement easier. It's fitness that feels good.

[Walk This New Way!](#) →



Healthy Recipes You'll Love

Eating well can be easy. Explore our menu of simple, flavorful recipes that can reduce inflammation and keep your joints happy, like the dessert pictured here.

[Get Tasty Recipes](#) →

Recognizing Bold Champions for Change

Meet the inspiring Advocates making real change happen for people with arthritis. Their stories prove that one voice can spark big results.

[Get Inspired by the Winners](#) →



Designed for You

Dr. Grip® Pens by Pilot®

[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 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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