

What's Happening

Arthritis Updates & Opportunities



Webinar

The Power of Food & Nutrition

7:00 – 8:15 p.m. ET, Thursday, Oct. 2

Learn how food and gut health impact arthritis. Join our free webinar for recipes and expert tips. Pre-registration required.

[Register for Nutrition Webinar →](#)

Webinar

Soluciones para el dolor articular

Jueves, 25 de Septiembre; 7:00 - 8:15 p.m. hora del este

Discover natural pain relief, better sleep tips and gentle exercises in this free, Spanish-language arthritis webinar.

[Regístrese Ahora →](#)

Podcast

Arthritis & Your Mental Health

Pain, stress and emotional strain often go hand in hand. Explore the mental health side of arthritis in this episode.

[Listen Now →](#)



Podcast

Arthritis & Back Pain

Did you know four out of five people experience back pain at some point? This Pain Awareness Month, explore solutions to regain comfort and confidence.

[Listen Now →](#)

Connect Groups

You're Not Alone

We've got support groups for everyone, including our Rheumatoid Arthritis Connect Group, thanks to sponsor Boehringer Ingelheim. Also check out groups for Chronic Pain, Movement Matters and lots more.

[Get Connected →](#)



Fundraising

Together We Jingle for Change

Get ready for holiday fun and help conquer arthritis. Walk or run while jingling for a great cause!

[Sign Up for Jingle Bell Run →](#)

Volunteering

Give Back & Feel the Impact

Join us virtually at a volunteer open house to learn how your time and heart can positively impact the arthritis community.

[Get More Info →](#)

Research Study

Psoriatic Arthritis Studies

If you have active psoriatic arthritis (PsA) symptoms, learn more about the LATITUDE Psoriatic Arthritis studies. These studies are evaluating an investigational oral treatment for adults with PsA.

[Get the Details →](#)

All clinical research studies involve some risk. This notice is for information only. It does not imply or represent an endorsement of this study.

LOCAL EVENTS

2025 Walk to Cure Arthritis - Cherokee, GA

Saturday, October 4, 2025

[Register Today →](#)



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Arthritis Cap

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