



**Alissa Bullock**  
**2013 Jingle Bell Run/Walk Honoree**  
**Warsaw, IN**

Alissa was just three years old when she was diagnosed with juvenile rheumatoid arthritis (JRA). It was Dr. Bowyer at Riley Children's Hospital who delivered the news to Alissa and her family. Since that time Alissa has faced many challenges, but she said, "I have not let arthritis run my life. It may limit the things that I do, but I do not let it stop me from doing the things that I desire."

This Indiana University student has remained active and says, "One of my favorite hobbies is to run, and I enjoy running around the beautiful Indiana University campus." There are days that Alissa has to forego any high impact activities due to achy, stiff joints, but she stays on the move. She enjoys yoga, group exercise classes, and is very involved in activities at the University; including the Greek community where she serves as Sisterhood Chairman and Recruitment Counselor. In addition, she is a member of the Union Board Design and Technology Committee, and the Graphic Design Club.

Today, Alissa is doing well and is currently trying a holistic treatment approach. This includes yoga, massage, a special diet and acupuncture. Alissa said, "This has been a life change, but so far it has been going really well!"

Alissa is passionate about helping to raise funds for people like her that battle arthritis every day. She said, "Being involved with the Arthritis Foundation helps me work through my disease and have a better understanding of it. I am hopeful that there is more awareness about this disease that affects 50 million people in our country, and that a cure is found to end it."

The Arthritis Foundation is thrilled to have someone with Alissa's courage and strength helping us in this fight. We are excited to have her as the 2013 Jingle Bell Run/Walk Honoree.

**About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.