

# Stand up and be counted!

## Be a champion for the arthritis community.

Most lawmakers don't know what it's like to live with arthritis – or to experience the daily pain and disability this complex disease causes. They don't know how we struggle to get around, get dressed, prepare meals and encounter the everyday challenges we face, like having to worry about affording the medications we need.

### You can help make change happen.

Arthritis Foundation Advocates are making a difference. Together, we've told our personal stories to elected officials and policymakers to help them see what we're going through. Together, we've changed laws, policies and regulations that make arthritis care more accessible and affordable.

You, too, can make a life-changing difference – for yourself and for everyone else whose everyday joys and long-term dreams are stolen by arthritis and related diseases. Join our community and become an active Arthritis Foundation Advocate. Then tell your own story to raise awareness and make change happen.



**Join the arthritis advocacy network  
by going to [arthritis.org/AdvocateSignUp](https://arthritis.org/AdvocateSignUp)  
or completing and mailing the form below.**



**To join the advocacy network by mail, complete and send this form to:  
Arthritis Foundation, 1615 L Street, NW, Suite 320, Washington, DC 20036.**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



**It's easy to get involved  
and make a difference.  
By becoming an Arthritis  
Foundation Advocate and  
speaking out, the battle is  
already half-won. Don't  
miss this opportunity.  
**SIGN UP TODAY.****