

Arthritis Today

Updates & Tips to Live Your Best Life



Mark Arthritis Awareness Month by getting fitter, eating healthfully and sharing your arthritis story.

Driving Advances in OA Research

Learn how our vice president of osteoarthritis research is helping push science for better solutions.

[Meet Jason Kim →](#)

Build Strength, Boost Mobility

Exercising on a stationary bicycle can take you far. Learn the benefits and get buying tips.

[Get Ready to Ride →](#)

Joyful Movement

Looking for exercise inspiration? Hear fitness experts share the benefits of an exercise routine that's fun, like pickleball or Pilates.

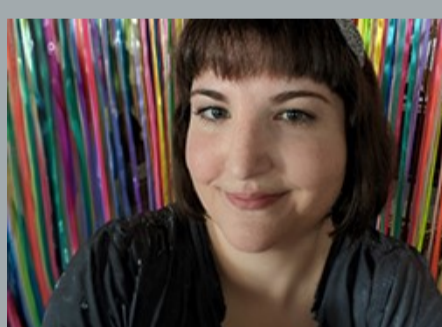
[Watch the Webinar →](#)



Berry Good Breakfast

This make-ahead berry chia yogurt bowl is packed with inflammation-fighting omega-3s.

[Get the Recipe →](#)



Support People With Arthritis

A ruined honeymoon. Lost wages. Dreams delayed. Arthritis has cost [Tessa Wilson](#) a lot. But with your support, we can help people like her.

[Double Your Donation →](#)

Share Your Story

Help others living with arthritis by sharing your lived experience. Your struggles and successes are powerful motivators.

[Tell Us About It →](#)



Designed for You

Voltaren Arthritis Pain Gel With Easy Twist Cap

[Check It Out →](#)



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.