

Arthritis Today

Updates & Tips to Live Your Best Life



Curious about the benefits of walking, how to travel pain-free and other arthritis insights? You've come to the right place.

60 Tips to Travel With Ease

Planes, trains and automobiles can be tricky with arthritis. Try these helpful tips for easier travel.

[Know Before You Go →](#)

Walk Your Way to Wellness

No matter your age or fitness level, walking can boost your overall health in many ways.

[Take the Next Step →](#)

Foundation Grants \$1.5 Million for RA Research

This year's award winners share the fascinating details of their meaningful rheumatoid arthritis research.

[See How Research May Help →](#)



Chocolate-Dipped Bananas? Yes, Please!

Featuring potassium-rich bananas and dark chocolate, this dessert is as delicious as it is healthy.

[Get the Recipe →](#)



Get Inspired by This Pro Cyclist's Mission

Cyclist Joel Young is no stranger to long rides, but a chance encounter has given him newfound motivation.

[Meet Joel Young →](#)

All You Need to Know About JA

Not sure where to find juvenile arthritis information you can trust? Check out our education and resource center.

[Get the Details →](#)

Beauty That Feels Better

Tilt Beauty products are easy to open, hold and apply. It's the first cosmetic and beauty brand to be Ease of Use Certified®.

[Get Gorgeous →](#)



Designed for You

Tilt Lashscape

Lengthening Mascara

Patented packaging designed for comfy, easy application.

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[Ease of Use Certified®](#) products and packaging are tested and proven easy to use for people with arthritis.

With your gift, we can fund new research, advocate for patient rights and connect the arthritis community through our free tools and resources.

[Donate today and be a part of the cure.](#)