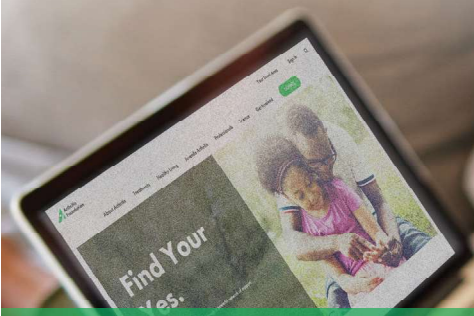


Care & Connect



The Arthritis Foundation is here to help you stay updated and connected with a special resource center for people with arthritis. Get the latest information from experts to help guide you along. Connect with others to offer support and get the support you need.



Connect with the Arthritis Foundation.

We are all in this together. Check in with us for updated information and news for people with arthritis.



Connect with others.

Ask questions in our online arthritis forum or join a virtual support group. Ask questions, exchange tips and get connected from home with our supportive community.



Stay healthy and active.

Taking your medications, eating right and being active are some of the best ways to maintain your health. Get tips about nutrition, exercise and more to help you stay healthy.



Call our Helpline.

Our licensed, clinical social workers can answer your questions, as well as connect you with resources and others living with arthritis in your community.

Call 800-283-7800 or email: helpline@arthritis.org

Connect with us at
arthritis.org/Cares

Go here for the latest updates on the impact of COVID-19 on people with arthritis.

Join us for the **VIRTUAL Walk to CURE Arthritis - May 16th, 3pm**
Sign up at: <http://www.walktocurearthritis.org/okc>

VIRTUAL Connect Groups - TBA



For more information contact the Oklahoma office at jhasel@arthritis.org