

NATURAL RELIEF \* WINTER WALKING \* THIN HAIR FIXES

# Arthritic Today

ADVICE FROM THE EXPERTS YOU TRUST

**25 TIPS  
& TRICKS**  
TO MAKE LIFE  
**EASIER**

**SURPRISING LINKS**

**OBESITY +  
ARTHRITIS**

**BOUNCE  
BACK!**  
How to be  
**RESILIENT**

**BIG  
NEWS**

GUIDE TO  
**PAIN  
MEDS**  
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**MEET MISS  
MICHIGAN**

**ELIZABETH  
WERTENBERGER**  
Shares Why  
Juvenile Arthritis  
Is a 'Gift'

**SHOULD  
YOU GIVE  
UP MEAT?**

**STONE YOUR  
ARMS WITH**

**6 Simple  
Moves**

US \$3.99 CAN \$5.99

JANUARY-FEBRUARY 2012

# Thank You, Massage Envy!



On World Arthritis Day, “Healing Hands for Arthritis” raised more than **\$493,000** to support our mission of providing arthritis education, research, advocacy and other vital programs and services.

Arthritis Foundation staff and volunteers nationwide are grateful for this exciting new partnership with Massage Envy as we work together to prevent, control and cure arthritis.

*Massage Envy*  
SPA®

 **ARTHRITIS**  
FOUNDATION®