Arthritis takes too much:

Dreams. Livelihoods. Freedom.

Reclaim what's yours with support you can trust. Arthritis Society Canada offers free resources to help you manage arthritis and live well.



Arthritis Management Tools & Resources

Access credible evidence-based information and resource hubs on arthritis management anytime at **arthritis.ca**



Arthritis Talks

Register for upcoming webinars or browse past recordings that are filled with expert insights and evidence-based information.



Arthritis Connections

Connect with others who understand your journey through our online peer support groups, and gain strength through shared experiences and encouragement.



Arthritis Line

Get personalized support and information by calling **1-800-321-1433 (select option 2)** or email **info@arthritis.ca**



Scan the QR code to learn more about our programs.

arthritis.ca/support-education

Arthritis SOCIETY CANADA