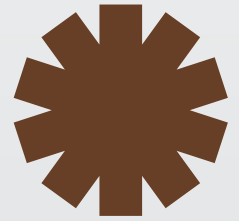


Breaking The Stiffness..... Easing The Ache



**A Workshop on How Limiting Arthritis is
& Managing Arthritis Impact**



When & Where?

Date: Sept 15th, 2025

Time: 4:00–5:00pm

Location: Engbretson
Hall

Did You Know?

- In 2019, about 49.9% of U.S. adults with provider diagnosed arthritis reported that arthritis or joint symptoms limited their activity.
- The Healthy People 2030 target is to reduce that proportion to 46.8%.
- As of 2023, the proportion was 47.9%.

But Wait There's More On The Other Side!

What You'll Learn!

- How arthritis causes limitations in home and everyday activities
- Evidence based approaches to reduce pain, stiffness, and physical limitations
- Simple physical activity & motion strategies that are safe and manageable at home
- Self management techniques: mindset, goal setting, coping mentally & emotionally

Who Should Attend:

- People living with arthritis
- Caregivers, family members, friends
- Health & wellness professionals
- Anyone wanting to learn how to manage joint discomfort better at home

Don't let stiffness slow you down.

**Join us to move better, feel better,
and gain tools that ease the ache
at home and beyond.**

For More Information

Visit

odphp.health.gov