

Living & Working Well with Arthritis

University Park Wellness Workshop

Supporting the Healthy People 2020 Goal: Reduce the impact of arthritis on work and daily life

Health: Protect Your Joints & Boost Energy



Stay Active – Walking, swimming, yoga ease pain & stiffness

Strength & Stretch – Strong muscles support joints & prevent strain

Nutrition Matters – Anti-inflammatory foods + hydration = joint support

Joint Protection – Use devices, pace yourself, take breaks

Workplace: Staying Productive with Support

Accommodations Help – Flexible schedules, task rotation, modified duties

Ergonomics – Adjustable chairs, supportive footwear, cushioned mats

Technology & Tools – Voice-to-text, ergonomic keyboards, jar openers

Open Communication – Talking to supervisors leads to solutions



Economics: Protecting Your Financial Well-Being

Early Management Saves Money – Prevents costly complications

Fewer Missed Days – Better health + more work stability

ADA Support – Employers cover accommodations, not employees

Smart Investments – Ergonomic tools save more than they cost



Workshop Activity: Arthritis Solutions Showdown

Team Challenge (15–20 min)

Health Round – Brainstorm ways to reduce pain & boost energy

Workplace Fixes – Create practical job accommodations

Money Matters – Quick quiz on financial wellness

