

# Arthritis Support Network

Connect, Educate & Empower

The Arthritis Support Network is part of an expanding range of Arthritis Foundation resources that provides personalized help & support to adults with all types of arthritis and rheumatic conditions. Our peer-led, local support network offers connection, education and empowerment.

Groups meet at least six times a year and feature a combination of educational and social activities that are inclusive to people living with all types of arthritis.

Trained volunteer leaders share a common goal of bringing people together for activities focused on mutual support and positive coping strategies for living well.

We are always looking for positive and enthusiastic volunteers to lead our groups. If you or someone you know is interested in finding out more about our **leader training program**, please visit [arthritisintrospective.org/forms/become-a-leader](http://arthritisintrospective.org/forms/become-a-leader)

With over **53 group locations** and counting, we have support groups all over the country. To see if there's a group near you please visit [arthritisintrospective.org/calendar](http://arthritisintrospective.org/calendar)

## Arthritis Support Network Testimonials

*"Arthritis Introspective provides an opportunity for individuals with all forms of arthritis to get together and share health information in order to better manage our diagnoses. Because of the information I learn from this group, I'm able to have more intelligent conversations with my rheumatologist, physical therapist, nutritionist, and even my friends and family. Since participating, I feel more in charge of my disease. Props go to the organizers for getting a great group of people together."*

- Carly P, Los Angeles, CA

[ArthritisIntrospective.org](http://ArthritisIntrospective.org)



## Local Outreach

The local network provides a supportive social connection. Led by trained volunteers, meetings and events are tailored to each group's needs. Group members become self-advocates and develop self-management skills.

## Arthritis United Conference

Each year conference attendees meet for a multi-day education event geared toward learning, bonding, and developing important skills in leadership and mutual support.

## Connection

Connect online with others for support and inspiration. Members can share stories and learn from the experiences of others living with arthritis.  
[arthritis.org/community](http://arthritis.org/community)

## Arthritis Support Network Testimonials

*"I spent fifteen years alone, struggling with the challenges of my Rheumatoid Arthritis. I felt out of place with my friends and family. My incredible low self-esteem and body image prevented me from looking in the mirror. I hated what this disease had done to me. My life changed when I attended my first support group. With a new feeling of being accepted, my entire world became much easier to navigate. AI has programs aimed to provide the life-changing benefits of mutual support. It is my goal to ensure no one has to deal with arthritis alone."*

- **Kevin Purcell**, Senior Director,  
Community Support Network,  
Arthritis Foundation



## Spread the Word

We have created a caring community of thousands of adults facing the challenges of arthritis and rheumatic diseases. Both patients and their loved ones are welcome at our groups and events. For some, our groups have proven to be a life changing gift.



The Arthritis Foundation has been helping people with arthritis live life on their own terms for almost 70 years.

We strive to be there whenever and wherever you need us, providing life-changing resources to help you accomplish the things that are important to you.