

Working in pain doesn't work.

"There's never a day I'm not in pain at work. It's always there. Today, my wrist is swollen three times its normal size. I lose the feeling in my hands after sitting at my desk too long. It's one of the most debilitating diseases in the world, yet I feel invisible."

— Sarah

living and working with arthritis

If this sounds familiar, you are not alone.

One in 4 Americans is living and working with arthritis. Arthritis pain can make workdays a challenge — sometimes even impossible. That's why we've joined the Arthritis Foundation's Arthritis@Work program to provide free tools, resources and support to improve your workdays and your life.

How it works

Visit the Williamson County Arthritis@Work digital platform to get started.

<http://www.arthritis.org/williamsoncounty-tn>

Get **FREE** access to information, resources and events to support you and your family:

- Pain reduction goal-setting app and pain management techniques
- Live Yes! Arthritis Network **virtual and in-person support groups**
- Quarterly webinars, Facebook Live **events and podcasts**
- Access to Arthritis Foundation **content and subject matter experts**



A better workday is just a tap away



- Sleep strategies
- Complimentary therapies
- Nutrition
- Physical activity
- New diagnosis
- Women and pain
- Men and pain
- CBD and cannabis
- Mindful living
- Doctor/patient communication
- Resources in Spanish
- Stress and emotional well-being

Have questions? Contact:

arthritis.org/atwork



**Arthritis
@WORK**

POWERED BY THE **Arthritis Foundation**