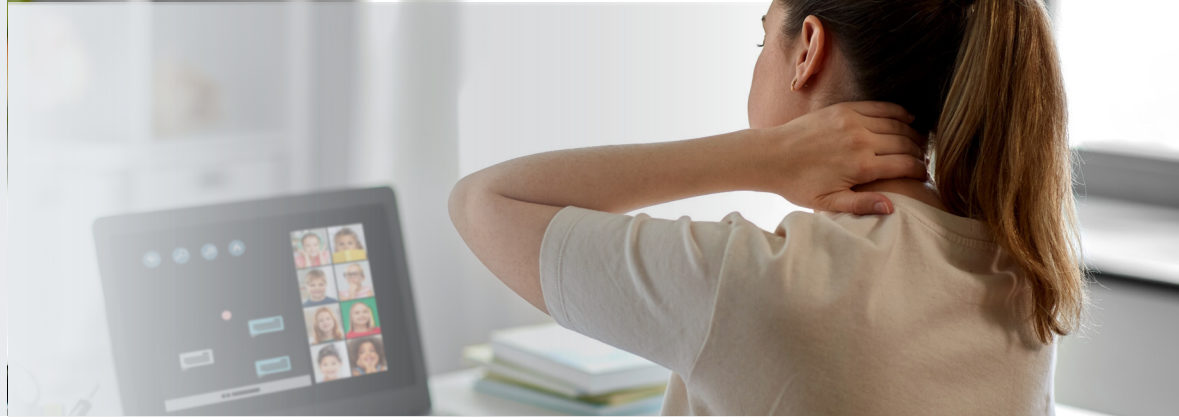


Arthritis @WORK

POWERED BY THE **Arthritis Foundation**[®]



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.

arthritis.org/atwork

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 management resources and techniques
- Live Yes! Arthritis Network **virtual and in-person support groups**
- Quarterly webinars, Facebook Live **events and podcast**
- Access to Arthritis Foundation **content and subject matter experts**
- Stories of **courage and inspiration** from adults and children living with arthritis

Have questions? Contact:

