

[The Arthritis Newsletter: Winter 2015](#)

Seasonal Tips for People Living With Arthritis

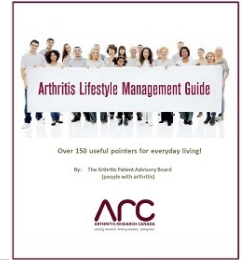
By: The Arthritis Patient Advisory Board

The holiday season is tiring for the best of us - for those suffering with the pain of arthritis it can be downright exhausting.

We invite you to read through the [Arthritis Lifestyle Management Guide](#).

This guide was developed by the Arthritis Patient Advisory Board members. Their goal was to share practical day-to-day pointers for those living with arthritis. We think you will find it helpful, in particular tips #146 through #152.

The information provided in this publication is only a guide. It is not intended to replace the recommendations of your health care provider(s).



[Download the Arthritis Lifestyle Management Guide](#)