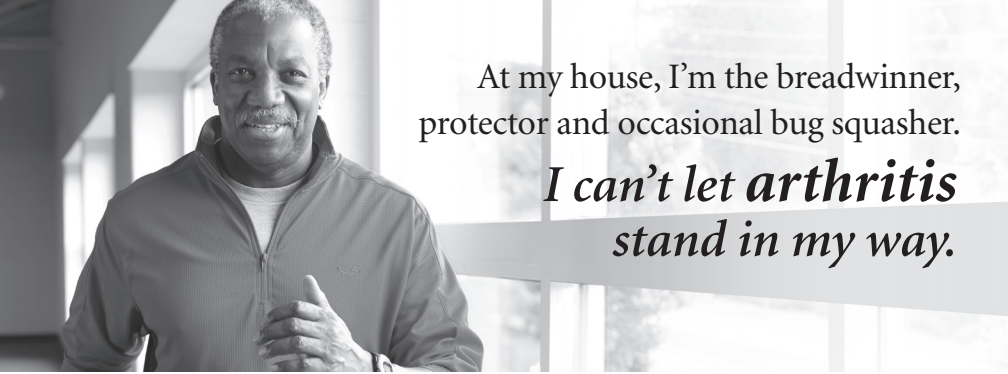

People are depending on you. Don't let arthritis slow you down. Studies show that regular, moderate physical activity can reduce pain and fatigue and improve your mood.

For more information,
visit **www.cdc.gov/Arthritis** or call
1-800-CDC-INFO (800-232-4636).

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