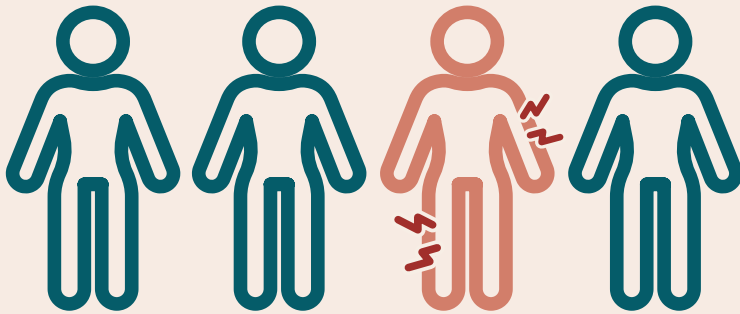


TAKE HEALTHY STEPS TO PROTECT YOUR JOINTS



1 in 4

The number of adults who have conditions that cause stiff and painful joints



more than half

of adults ages 65 and over report having arthritis.



44%

The number of people with arthritis conditions who face physical limitations



1 in 10

The number of adults who are limited by joint stiffness and pain



40%

The reduction in joint pain as a result of regular physical activity

Check out the Live Healthy section of www.SouthCarolinaBlues.com to learn more.

