

JULY

JUVENILE ARTHRITIS AWARENESS MONTH



300,000 kids and teens

in the United States are affected
and the exact cause is still unknown

WHAT it affects

Internal organs, skin, joints, eyes and you may feel rundown, not feel like eating, or have a high spiking fever.

SELF-CARE ideas

are to eat healthy and make healthy lifestyle choices. But when times are tough try meditation, hot & cold treatments, topical creams, massage and stay stress free.



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