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**Now Accepting Applications for the
SAA/Bruckel Early Career Investigator Award
in Axial Spondyloarthritis.**

SAA's Early Career Investigator Award is a \$20,000 unrestricted Spondyloarthritis Research Grant awarded each year to the Early Career Investigator with the most promise to contribute to the understanding or therapy of spondyloarthritis. Could this be you? Do you know a researcher who should apply?

[Learn More and Apply!](#)



The Impact of Cardiorespiratory Fitness on Cardiovascular Disease Risk in Ankylosing Spondylitis

Numerous studies have shown the benefits of exercise in individuals with ankylosing spondylitis (AS.) A consistent program can help maintain proper posture, increase flexibility, and may eventually help lessen pain.

[Read More!](#)



In Psoriatic Arthritis, Axial Involvement is Associated with More Severe Psoriasis

The progression of psoriatic arthritis can be a long and frustrating journey. It often begins with a diagnosis of psoriasis...

[Learn More!](#)



Two New "This AS Life Live!" Episodes!

Watch as Imagine Dragons lead singer, Dan Reynolds discusses living with spondylitis with Rheumatologist Dr. Muhammad Asim Khan & AS Advocate Amber Panagos in the first video. The second video features Novelist Phil Donlay & Real Estate Agent Esther Hickman.

[Amber Panagos & Dr. Khan](#)

[Phil Donlay & Esther Hickman](#)



New Your Story and Volunteer Fundraiser

Part of sharing my story is also admitting I don't have it all figured out. Yeah, I love to be in control, but as anyone who fights this condition knows you don't always have the last word. So I will fight, today, tomorrow, and every day.

[Read More!](#)

Upcoming Support Group Meetings

Orlando, FL — Sunday, September 2, 2018 — [Details](#)

Dallas, TX — Saturday, September 8, 2018 — [Details](#)

The Woodlands, TX — Saturday, September 8, 2018 — [Details](#)

Morristown, NJ — Saturday, September 8, 2018 — [Details](#)

Bismarck, ND — Saturday, September 8, 2018 — [Details](#)

Seattle, WA — Saturday, September 8, 2018 — [Details](#)

Denver, CO — Monday, September 10, 2018 — [Details](#)

Oakland/SF, CA — Saturday, September 15, 2018 — [Details](#)

San Diego, CA — Saturday, September 15, 2018 — [Details](#)

Baltimore, MD — Saturday, September 15, 2018 — [Details](#)

Queen City (Charlotte), NC — Tuesday, September 18, 2018 — [Details](#)

Waterville, ME — Thursday, September 20, 2018 — [Details](#)

Sioux Falls, SD — Saturday, September 22, 2018 — [Details](#)

Richmond, VA — Tuesday, September 25, 2018 — [Details](#)

SoCal Parents, CA — Tuesday, September 25, 2018 — [Details](#)

Bristol, TN — Wednesday, September 26, 2018 — [Details](#)

Philadelphia, PA — Saturday, September 29, 2018 — [Details](#)

[View all SAA-sponsored spondylitis educational support groups!](#)



**COMBINED FEDERAL
CAMPAIGN**

SAA participates in the Combined Federal Campaign – the largest and most successful annual workplace charity campaign. Simply enter CFC code **#89466** on your pledge card during your agency's fund drive or contact your Human Resources Department or the Office of Personnel Management (www.opm.gov).

Please contact us if you have given anonymously through CFC so you can continue to receive SAA member benefits: hart@spondylitis.org or call 800-777-8189 x226

Please remember us in your [estate planning](#).



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