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SAA's Online eBay Auction Is Now Live!

Imagine Dragons band-signed guitar? Limited edition original Bambi Lithographs? All-Access VIP tickets to the San Diego Film Festival? Check, check, and check!

And so much more!

Our Online Auction runs from **Monday June 24th 6:00 PM Pacific** through Saturday the 29th 6:00 PM Pacific. Come see what's on offer and take home something priceless, all while supporting your SAA.

Are YOU ready to bid?

[Visit Our Auction Page Now!](#)



Yoga Study Finds Wealth Of Physical And Mental Benefits For Older Adults

Yoga has long been recommended to older adults as a way to strengthen muscles and improve balance. But the range of health benefits yoga offers the 60-plus population had never been studied comprehensively – until now.

[Read More!](#)



Back in Action, Again *Exercise DVD*

Facebook Live Stream To Launch “Back In Action, Again!”

The wait is nearly over. Our new exercise program, “Back in Action, Again” is coming this week! Join us for our **Facebook Live Stream** on **Wednesday, June 26th at 11:30 AM Pacific** for discussions with a Physical Therapist and Yoga Therapist from the new program. They'll share their insights on the

new workouts and routines, provide tips, and answer YOUR questions.

SAA members will be able to watch the new exercise program FREE online after the conclusion of our Live Stream. Exercise DVDs are already available for pre-purchase in our store [here](#).

Like Us On Facebook and Tune In Wednesday!



Join Our Upcoming Twitter Chat!

On **Thursday, June 27th at 6:00 PM PDT**, SAA will be hosting our second Twitter chat. This chat will focus on advocacy – both personal advocacy, and affecting change in the wider community. To follow along and participate, please use #spondychat and don't forget to follow SAA on Twitter at [@spondylitis](#).

We look forward to chatting with you soon!

Follow Us On Twitter!



Cannabis Confusion

The use of cannabis and cannabis derived products (think edibles, balms, tinctures, etc.) is becoming increasingly popular, and some in our community report finding cannabis products helpful for symptom management. But what's legal and where?

We provide an update and overview of the current legal standing of cannabis products throughout the U.S. and provide an easy way to share your thoughts on the issue with your elected representatives.

[Read More!](#)



Ergo 21 Membership Drive

Summer travel is here! Join or renew your SAA membership by July 4th, 2019 to be entered in a drawing to win your very own Ergo 21 seat cushion!

[Learn More!](#)



Participate In Research

Researchers at Boston University are conducting a survey to learn about how people with ankylosing spondylitis and related conditions choose medications. The survey will take 15-20 minutes to complete. Those who finish the survey may win one of five \$50 gift cards.

[Learn More!](#)



SAA's Helpful Hints: Community Wisdom – Summer Travel Edition

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. In this installment, we asked our online community to share their helpful tips to help avoid flare up of symptoms, and care for their well-being while away from home. We share a sample of responses with our thanks.

[Read The Responses!](#)



Your Stories: Kathleen Barth

I was born in England in 1964 as part of a US Military family that took us to various parts of the world. And in 1982 we traveled to Hawaii where I met my husband Joe. Today we have 4 adult children, 2 daughters-in-law, 1 son-in-law and 6 wonderful grandchildren. Being active has always been a part of my life. Then life suddenly changed in September 2018 when I was diagnosed with Ankylosing Spondylitis.

[Read More!](#)



In Memory Of Mark Asquith 1983 - 2019

Remembering Mark Asquith

The small and tightly knit spondyloarthritis research community has lost a prolific researcher and a dear friend. It is with great sadness that we share that Mark Asquith, Ph.D. passed away on Sunday, June 9th after suffering a bleed from a brain aneurysm. He was just 36 years old with an exceptionally bright future ahead. Our thoughts go out to all who knew and loved him.

[Read More About Dr. Asquith](#)



In Search Of Those Living With Non-Radiographic Axial Spondyloarthritis (Spondyloarthritis without damage visible on x-ray)

If you have spondyloarthritis without the classic x-ray damage or fusing seen in ankylosing spondylitis, and would like to share your story or contribute to research and awareness of this form of spondyloarthritis, we want to hear from you!

There is a paid market research opportunity for those with this form of spondyloarthritis. Participating in this is voluntary, and entails taking part in a telephone interview. There is a **\$200** honorarium being offered to take part. **Please reach out to us at programs@spondylitis.org if you're interested!**

[Read About The Different Forms Of Spondyloarthritis!](#)

Upcoming Support Group Meetings

Oakland, CA — Saturday, June 29, 2019 — [Details](#)

Denver, CO — Monday, July 1, 2019 — [Details](#)

Elmira, NY — Monday, July 1, 2019 — [Details](#)

The Woodlands, TX – Saturday, July 13, 2019 – [Details](#)

Los Angeles, CA – Sunday, July 14, 2019 – [Details](#)

SoCal Parents, CA – Tuesday, July 16, 2019 – [Details](#)

New York, NY – Tuesday, July 16, 2019 – [Details](#)

Waterville, ME – Friday, July 19, 2019 – [Details](#)

San Diego, CA – Saturday, July 20, 2019 – [Details](#)

Albuquerque, NM – Saturday, July 20, 2019 – [Details](#)

Chicago, IL – Special summer BBQ! Sunday, July 28, 2019 – [Details](#)

Bristol, TN – Wednesday, July 31, 2019 – [Details](#)

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



The First Ever Global Spondyloarthritis

Summit Toolkit And Materials Now Available!

SAA's educational online event brought together leading medical professionals to discuss the latest treatment options and research on spondyloarthritis.

Topics include:

- Pain in SpA: Overview of Possible Causes and a Comprehensive Approach to Pain Management
- Latest SpA Research: Updates from Around the World
- Diet & Nutrition for SpA
- Medications: Navigating Medical Management of SpA
- And more!

If you missed any of it, or simply want to revisit the content, you can do so now! SAA members have free access to all presentations, and everyone can purchase the Summit Toolkit containing the presentations as well as additional resources and items related to spondyloarthritis.

[Visit SAA's Global SpA Summit!](#)



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