



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Laurie Stewart
Chair, Arthritis Foundation
Board of Directors



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Cindy McDaniel
Senior Vice President
Consumer Health & Impact



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Hot Topics

The Mind-Body Connection to
Living Your Yes!



Improving Outcomes



Improved Physical
Health



Improved Emotional
& Social Health



Better Experience
of Care

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Foundation®**

Mind-body Connection

Physical Activity



Improved Physical Health

Improved Emotional & Social Health

Mindfulness



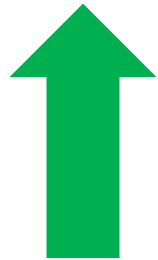
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Benefits of Physical Activity

Emotional & Social Health



Mood and psychological well-being
Social interaction



Anxiety
Depressive symptoms

Physical Health

Sleep, energy
Physical function, mobility

Pain
Fatigue
Risk of comorbid conditions

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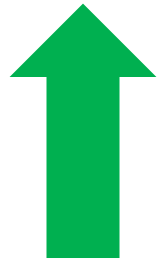
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Benefits of Physical Activity

Emotional & Social Health

Physical Health



Quality of Life
Psychological well-being

Sleep
Weight loss



Psychological distress
Depression
Stress

Pain
Fatigue
Disease activity

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Panelists

Meryl Arnett
Co-owner of
Sacred Chill {West}



Jason Reiss
PT, DPT, OCS



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Housekeeping

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