

Thank you for supporting Rheumatic Disease Awareness Month (RDAM) 2025 sponsored by the American College of Rheumatology (ACR) and its Simple Tasks campaign! Please use the copy below for your social media. Our handles are @ACRSimpleTasks on Facebook and X. Please use our hashtag #RDAM and tag us in your posts!

Sample captions:

Facebook:

Post 1:

This Rheumatic Disease Awareness Month, the [@American College of Rheumatology] and Association of Rheumatology Professionals are excited to launch **RheumMoves: Exercise for Individuals Living with Rheumatic Diseases.**

👉 Discover expert-approved strategies to move safely and confidently:

- ✓ Joint-friendly, low-impact exercises
- ✓ Warm-up and cool-down tips
- ✓ Ways to make exercise part of your routine

Explore our PT-approved exercise toolkit and video library at **RDAM.org**! Download them at RDM.org.

[Image 1]

Post 2:

In honor of this year's Rheumatic Disease Awareness Month, the [@American College of Rheumatology] and [@ACR Simple Tasks] have compiled their top 7 exercise tips for patients living with rheumatic conditions! Learn more at RDM.org.

[Infographic]

Post 3:

If you're living with a rheumatic condition, check out The [@American College of Rheumatology] and [@ACR Simple Tasks] PT-approved exercise and physical activity tips for managing your condition. #RDAM

[Images 3-9: Exercise tips carousel]

X (Twitter):

Post 1:

This #RDAM, @ACRrheum + @SimpleTasks launch **RheumMoves: Exercise for Individuals Living with Rheumatic Diseases.**

- ✓ Low-impact exercise options
- ✓ Injury prevention tips
- ✓ PT-approved video library & toolkit

👉 Learn more at RDM.org [Image 1]



Post 2:

In honor of this year's #RDAM, @ACRheum and @ACRSimpleTasks have compiled their top 7 exercise tips for patients living with rheumatic conditions! Learn more at RDAM.org.

[Infographic]

Post 3:

If you're living with a rheumatic condition, check out the @ACRheum and @ACRSimpleTasks top PT-approved exercise and physical activity tips for managing your condition. #RDAM

[Images 3-9]