



## NEWS RELEASE

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### **WISE & Healthy Aging Announces New Diabetes Empowerment Education Program**

**FOR IMMEDIATE RELEASE – SANTA MONICA (July 11, 2016 )** WISE & Healthy Aging Announces New Diabetes Empowerment Education Program that will have its first class starting on July 25. Diabetes and pre-diabetes are at “epidemic” levels – and the situation is getting worse, according to the California Department of Public Health and a recent study by the UCLA Center for Health Policy Research. “If not controlled, the disease can lead to life-threatening complications, and is one of the leading causes of blindness in the U.S.,” notes Dr. Miriam Caiden, Director of Community Aging Resources & Education at WISE & Healthy Aging, a nonprofit, community-based organization serving seniors and their caregivers.

Pre-diabetes doesn’t have to progress to diabetes, and the complications of diabetes are all preventable. With a few simple precautions, people with diabetes and pre-diabetes can enjoy a full life. This is where the Diabetes Empowerment Education Program (DEEP) can help! The six-week program meets once a week for two hours. Using interactive, fun exercises, discussion, and mutual problem solving, participants gain an understanding of the condition and the tools they need to control it – and get the most out of life.

WISE & Healthy Aging, the trusted source for information about and for older adults, will be sponsoring this innovative program at the Ken Edwards Center, 1527 4<sup>th</sup> St., Santa Monica, starting on Monday, July 25, 2016, from 1:00-3:00 pm. The program is open to people who have been diagnosed with diabetes or pre-diabetes, and is offered as a free community service. Advance reservation is required. Call Miriam Caiden, MSG, PhD, at (310) 394 -9871, ext. 264, or email [mcaiden@wiseandhealthyaging.org](mailto:mcaiden@wiseandhealthyaging.org) to sign up.

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**WISE & Healthy Aging** is the result of the 2007 merger of WISE Senior Services and Center for Healthy Aging. With a combined 75 years’ experience serving older adults, the nonprofit, social services organization brings together a synergy of services, information, programs and support for older adults, caregivers of the elderly and the professionals who work with them. For more information, call (310) 394-9871 or visit [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org).