



NEWS RELEASE

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WISE & Healthy Aging Receives Grant from Osteoarthritis Action Alliance to Help Keep People Mobile

The Santa Monica-Based Organization Serving Los Angeles County Is One of 13 Recipients in the U.S.

SANTA MONICA (May 1, 2017) – WISE & Healthy Aging has received a one-year mini grant from The Osteoarthritis Action Alliance (OAAA). The funds will support WISE & Healthy Aging's efforts to offer the Arthritis Foundation's Walk With Ease program in the greater Los Angeles area.

According to OAAA, Walk With Ease is an innovative, evidence-based Arthritis Foundation program that reduces the pain and discomfort of arthritis, increases balance, strength and walking pace, builds participants' confidence in the ability to be physically active and improves overall health.

With the grant, funded by the Arthritis Program of the Centers for Disease Control and Prevention, WISE & Healthy Aging will train staff and volunteer lay leaders called peer educators to offer Walk With Ease instructor-led programs at five community centers. After the grant period ends, the organization will continue to provide technical support to sustain instructor-led and self-directed programs.

WISE & Healthy Aging, a multiservice, nonprofit organization serving older adults and their families and caregivers throughout Los Angeles County, is one of 13 community organizations in 13 states receiving these grants.

"Physical activity strengthens muscles, helps keep joints flexible and functional, preserves good balance, and helps arthritis sufferers maintain a healthy weight. With the award of this grant, we look forward to helping older adults in our community stay as active and healthy as possible," said Grace Cheng Braun, president and CEO of WISE & Healthy Aging.

Osteoarthritis, the most common form of arthritis, affects nearly 31 million adults. Sometimes called degenerative joint disease, osteoarthritis is especially common among older people. It mostly affects cartilage, the tissue that covers the ends of bones where they meet to form a joint. The surface layer of cartilage breaks and wears away, allowing bones under the cartilage to rub together.

Research shows that among its many costs, osteoarthritis is a leading cause of disability, causing chronic pain and functional limitations that often result in job loss and reduced quality of life. It can negatively affect mood, sleep and participation in social and leisure

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activities. Pain or fear of pain causes many people to avoid physical activity, even though being active is an important strategy for managing the disease.

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About the Osteoarthritis Action Alliance

[The Osteoarthritis Action Alliance](#) is a coalition of more than 30 member organizations that works to advance recommendations outlined in The National Public Health Agenda for Osteoarthritis, developed by the Arthritis Foundation. The Arthritis Foundation and the CDC formed the OAAA in 2011 to advance osteoarthritis awareness, resources and education. The OAAA is based at the Thurston Arthritis Research Center of the University of North Carolina at Chapel Hill.

ABOUT WISE & Healthy Aging

[WISE & Healthy Aging](#) is a multi-service, nonprofit organization serving older adults and their families and caregivers throughout Los Angeles County. Headquartered in Santa Monica, the team at WISE & Healthy Aging works to promote and improve the well-being, independence and self-esteem of seniors, and to prevent premature institutionalization whenever possible.