

NEWS RELEASE



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For Immediate Release

Help Your Employees Ease Their Pain Community Health Charities Offers Employers Arthritis Awareness Program

Washington, DC (May 13, 2015) – Perhaps the most common myth about arthritis is that it is a disease of the elderly. Affecting more than 50 million Americans, arthritis strikes at any age – two-thirds of people with arthritis are under the age of 65, including 300,000 children. It is the most common cause of disability in the United States and often has a negative impact on a person’s ability to work.

To help employers and their employees manage and learn more about arthritis, Community Health Charities is offering a 30-day arthritis awareness email program during Arthritis Awareness Month that provides a variety of resources for adults and children with arthritis – all delivered straight to their work or home email inbox. Emails will include information such as:

- Myths about arthritis
- Signs and symptoms of arthritis
- Arthritis prevention tips
- Exercise programs
- Arthritis medication guide
- Support programs

“For more than 60 years, Community Health Charities has partnered with trusted health charities like the Arthritis Foundation to help improve the lives of those living with a disability or chronic disease,” said Thomas G. Bognanno, President & CEO of Community Health Charities. “Whether you are impacted by the condition or caregiving for someone with arthritis, this program can help reduce the adverse effects of arthritis at work and at home.”

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In addition, Community Health Charities is offering a free on-demand podcast episode from its Health Matters at Work podcast series discussing arthritis management with Jamie Farmer, Director of Education & Outreach for the Arthritis Foundation. To view the podcast, visit [\[insert link\]](#).

“With more than 100 different types of arthritis and related conditions, it’s important to help guide the first steps in conquering arthritis by providing facts and resources to workplaces and the public,” said [Cindy McDaniel, Arthritis Foundation senior vice president for consumer health]. “The Arthritis Foundation is a Champion of Yes for those living with arthritis and recognizes their ongoing need for critical tools to help them manage their condition every day. The Foundation provides a vast array of help and support tools and resources available on our newly launched website at www.arthritis.org. By partnering with Community Health Charities, we can deliver the kind of resources that make it easier for busy employees to have access to reliable information, services and programs in order to live well or just learn more about arthritis.”

For more tips and resources on living with and managing arthritis, please visit healthmattersatwork.org. For more information about Community Health Charities and how your company can partner with us, please visit healthcharities.org or call 800.654.0845.

About Community Health Charities

Community Health Charities improves the lives of people affected by a disability or chronic disease by uniting caring donors in the workplace with the nation’s most trusted health charities. Over the past five years, Community Health Charities has raised more than \$330 million to support the missions of the nearly 2,000 charities in our network.

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