



For Immediate Release

Contact: Arman Tarzi, Community Affairs Supervisor
(951) 685-7434

11201 Harrel St.
Jurupa Valley, CA 91752

Parks & Recreation Department Receives Supporting Healthy Aging Through Parks and Recreation Grant

JCSD is among only 27 park and recreation agencies across the United States to be awarded this grant

Jurupa Valley, CA (March 27, 2023) – Jurupa Community Services District’s (JCSD) Parks & Recreation Department has been awarded the Healthy Aging Through Parks and Recreation (SHAPR) grant. The SHAPR grant will provide JCSD with unique skills and resources to teach adults how to become and remain physically active to prevent and manage chronic conditions like arthritis.

The SHAPR grant is provided by the National Recreation and Park Association (NRPA) with funding support from the Centers for Disease Control and Prevention (CDC). The program aims to enhance the accessibility of outdoor recreational spaces and the health of older residents. The goal is to increase the equitable dissemination, delivery, and sustainability of arthritis-appropriate, evidence-based interventions in park and recreation agencies. JCSD will offer Tai Chi for Arthritis as part of the Active Living Every Day (ALED) program through this grant.

JCSD Parks & Recreation has long championed incorporating health and wellness programs into the community. JCSD’s ALED program is an essential component of this work, which is based on the discoveries that physical activity need not be strenuous or time-consuming to benefit health, and that people are more likely to become and stay physically active when taught appropriate lifestyle skills. The ALED program’s emphasis on moderate-intensity physical activity and making physical activity an everyday part of life makes it an appealing alternative to traditional fitness programs.

“Six in 10 adults in the United States suffer from one or more chronic conditions, like arthritis, including people who live right here in Eastvale,” said JCSD Board Director Bart Moreno, Chair of the Parks and Landscaping/Graffiti Committee. “This grant from NRPA and the CDC allows us to help the active adults in our community, aged 50 and over, and adds a new way for Eastvale residents to achieve their health and wellness goals.”

The ALED programs provided by JCSD will be offered once per week for twelve weeks by certified and trained instructors. The classes are ideally suited for anyone interested in learning new ways to become and stay active.

For more information, visit www.JCSD.us/Parks

Founded in 1956, the Jurupa Community Services District is a public governmental agency providing services and programs to Jurupa Valley and Eastvale. It is governed by a Board of Directors comprised of five elected representatives from both cities. Serving over 130,000 people in a 40-square-mile area, JCSD provides a variety of community services and programs, including water, sewer, street lights, frontage landscape maintenance, graffiti abatement, and parks and recreation services.

*The National Recreation and Park Association (NRPA) is the leading not-for-profit organization dedicated to building strong, vibrant and resilient communities through the power of parks and recreation. With more than 60,000 members, NRPA advances this mission by investing in and championing the work of park and recreation professionals and advocates — the catalysts for positive change in service of equity, climate-readiness, and overall health and well-being. For more information, visit www.nrpa.org. For digital access to NRPA's flagship publication, *Parks & Recreation*, visit www.parksandrecreation.org.*

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