



# NEWS RELEASE



## **For Immediate Release**

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### **(3/20/25) Virtual Diabetes Prevention Program**

If you are at risk for type 2 Diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. One way to do this is by joining the free Virtual Diabetes Prevention Program presented by the Egyptian Area Agency on Aging, Gateway Region YMCA, and Southern 7 Health Department to help you get the support you need.

Diabetes isn't something to face alone. In this program participants will enjoy building friendships in a virtual safe space where they can feel comfortable sharing and learning in private, learning how to trade old habits for healthier new ones, and gaining new energy and confidence that comes with losing weight and reducing the risk for Diabetes.

To enroll in the Virtual Diabetes Prevention Program, visit <https://gqr.sh/uPGZ>. For more information, call Brittany Matthews at 618-634-2297, ext. 970149 or email: [communityhealth@gwrymca.org](mailto:communityhealth@gwrymca.org).

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