



Contact Person:  
Amanda Kurtz  
Public Affairs Officer  
724-996-8784  
[Amanda.Kurtz2@va.gov](mailto:Amanda.Kurtz2@va.gov)

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

July 14, 2014

### NEW DIABETES PREVENTION PROGRAM COMING IN AUGUST

**Butler, PA**—Beginning August 7, 2014 VA Butler Healthcare will offer Veterans a new group program for diabetes prevention called *Group Lifestyle Balance*. The goal for participants is to lose weight, and ultimately help delay or prevent the onset of Type 2 Diabetes.

*Group Lifestyle Balance* will help participants lose body weight (7%) through both dietary changes and increased physical activity (at least 150 minutes/week). Research shows that by making these healthy lifestyle changes, individuals can delay or prevent the onset of Type 2 Diabetes.

“If a Veteran’s VA doctor has said that they are pre-diabetic, or that their blood sugar readings are too high, this is a great program for them,” said Karen Dunn, VA Butler’s Health Promotion & Disease Prevention Program Manager. “By making a commitment to a healthy lifestyle change, with the help of VA’s *MOVE!* coaches, Veterans can take control of their health.”

*Group Lifestyle Balance* will start on Thursday, August 7, 2014 from 10:30-11:30am and will consist of a 12-week core followed by twice monthly, and then once monthly classes for a total of 22 appointments. Veterans interested in signing up for the new *Group Lifestyle Balance* class may talk to their VA health care team, or call VA Butler’s *MOVE!* Office at 1-800-362-8262 ext. 5504.

[VA Butler Healthcare](#), located in Butler County, Pennsylvania has been attending to Veteran’s total care since 1947. We are the health care choice for over 18,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of [VA Healthcare VISN 4](#) under the [U.S. Department of Veterans Affairs](#). VA Butler Healthcare provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services to our nation’s Veterans. We proudly serve America’s Veterans at our main campus as well as at our [five Primary Care VA Outpatient Clinics](#) in Armstrong, Southern Butler County (Cranberry Township), Clarion, Lawrence and Mercer Counties.

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★ VA Butler Healthcare ★ 325 New Castle Road ★ Butler, PA 16001 ★ 1.800.362.8262 ★



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